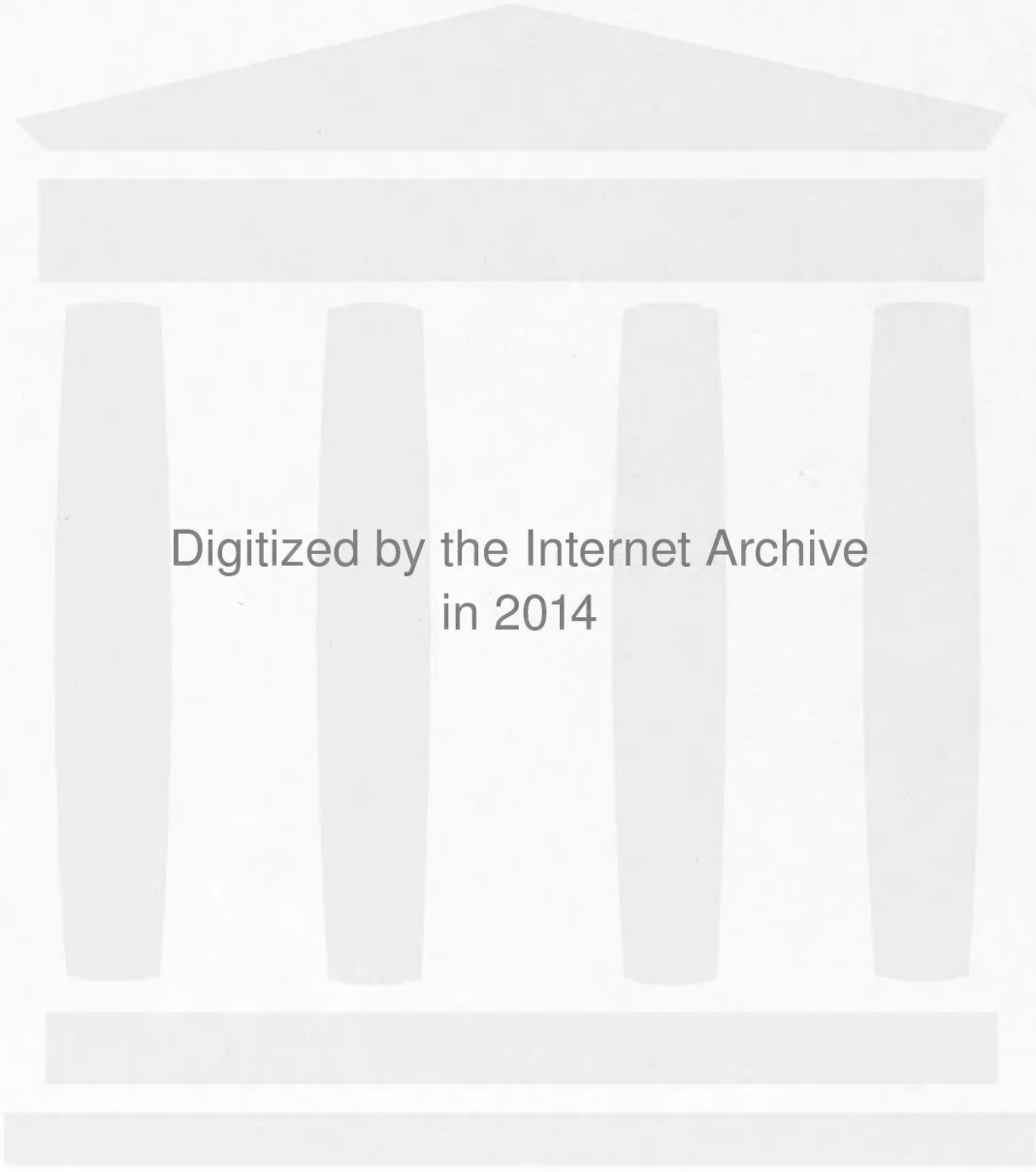


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Journal

MMY FAYE BAKKER
DAY: "I'LL WALK ALONE"

"MY HUSBAND KEEPS CALLING THOSE SEX HOTLINES"
(hould this marriage be saved?)

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Super one-minute recipes

OM, I'M BORED"
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EDITOR'S JOURNAL



NOTES FROM ALL OVER

By Myrna Blyth

THIS MONTH WE'VE GONE ALL OVER—AND I DO mean all over—to find and report the stories for this issue. For starters, Decorating Editor Lauren Payne took an all-American house tour (page 98) to visit governors' families and photograph their homes in Arkansas, Wyoming and Washington. Meanwhile, Creative Director Tamara Schneider traveled thousands of miles to the magical South Pacific island of Bali, to shoot the ultimate in summer fashions. How about that for an exotic setting for some very wearable—and packable—clothes to take on your own vacation (see page 106).

We sent Contributing Editor Cliff Jahr to Orlando, Florida, to interview Tammy Faye Bakker. I think you'll find his piece (page 88) full of interesting insights about this much-publicized woman. Another woman in the news, and in this issue, is Violeta Chamorro, the newly elected president of Nicaragua. Anne Moncreiff Arrarte, a Miami-based reporter, spent weeks negotiating with the new Nicaraguan government to get this exclusive for you. Kerry McCarthy also writes about a fascinating woman—her great-aunt, Rose Kennedy (page 70)—and shares her memories of the family in Cape Cod and Palm Beach.

There are also some Hollywood datelines: our behind-the-scenes piece about the mega-movie *Dick Tracy*, and best-selling author Dominick Dunne's provocative new novel about L.A. society. I know you'll enjoy both of them. And though writer Jeff Rovin interviewed our cover subject, Jane Pauley, here in New York, Jane was dashing off—to East Germany.

Finally, we went to some national Masters of the Barbecue Universe for recipes for your July 4 cookout. Do you want to serve Kansas City Chef Rich Davis's pork ribs? Or, Chef Chris Schlesinger of Cambridge, Massachusetts, suggests grilled tuna (that's barbecue at Harvard).

North, south, east or west, we've tried to cover all bases in this lively summer issue. So put the tuna on the grill and pass the ribs, Mama. Aren't you glad it's July?





Above left, Governor Booth Gardner (second from right), First Lady Jean Gardner (second from left) and *LHJ* staffers at the Governor's Mansion in Olympia, Washington. Above right, Tamara Schneider (front, second from left) and crew working hard in Bali during our fashion shoot

READER CALL-IN DAY This month it's Thursday, July 5, from one to four P.M. Eastern time. Remember, the call's on you. At the phones: Health Editor Nelly Edmondson Gupta and a breast-cancer specialist, 212-351-3680; Test Kitchen Director Carol Prager, 212-351-3681; Associate Beauty and Fashion Editor Susan Parkes, 212-351-3682; Decorating Editor Lauren Payne, 212-351-3683; Articles Editor Jane Farrell, 212-351-3684. Call and tell us what you're thinking.

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1 can Campbell's® Cream of Celery Soup
½ cup milk
2 cups cooked egg noodles
1 cup cooked peas
2 tbsp. chopped pimento
2 cans (about 7 oz. each) tuna, drained and flaked
1 tbsp. butter
2 tbsp. dry bread crumbs

MICROWAVE: In 2-qt. microwave-safe casserole, combine soup and milk; stir in noodles, peas, pimento and tuna. Cover; microwave on HIGH 9 min. or until hot, stirring twice during heating. Meanwhile, in small saucepan, in hot butter, stir bread crumbs until lightly browned. Sprinkle over noodle mixture. 4 servings.

CONVENTIONAL: Prepare as above using 1½-qt. casserole. Bake at 400°F. for 25 min. Top with buttered bread crumbs. Bake 5 min.

M'm! M'm! Good!®

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DOES YOUR BABY OIL LEAVE THE WRONG IMPRESSION?



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Cover: photo of Pauley, Chuck Baker; hair, Kathrine Gordon; stylist, Denise Canter and Linda Block; makeup, Dawn Jacobson for Bumble & Bumble; backdrop, Charles Broderson; suit and blouse, Byblos; necklace, Faces of Time at Henri Bendel; earrings, Atelier for Fragments. Insets: Madonna and Warren Beatty, The Walt Disney Co.; fashion, David Zanes; food, Beth Galton. Photos, this page, from top: Richard Dillon, Peter Johansky.


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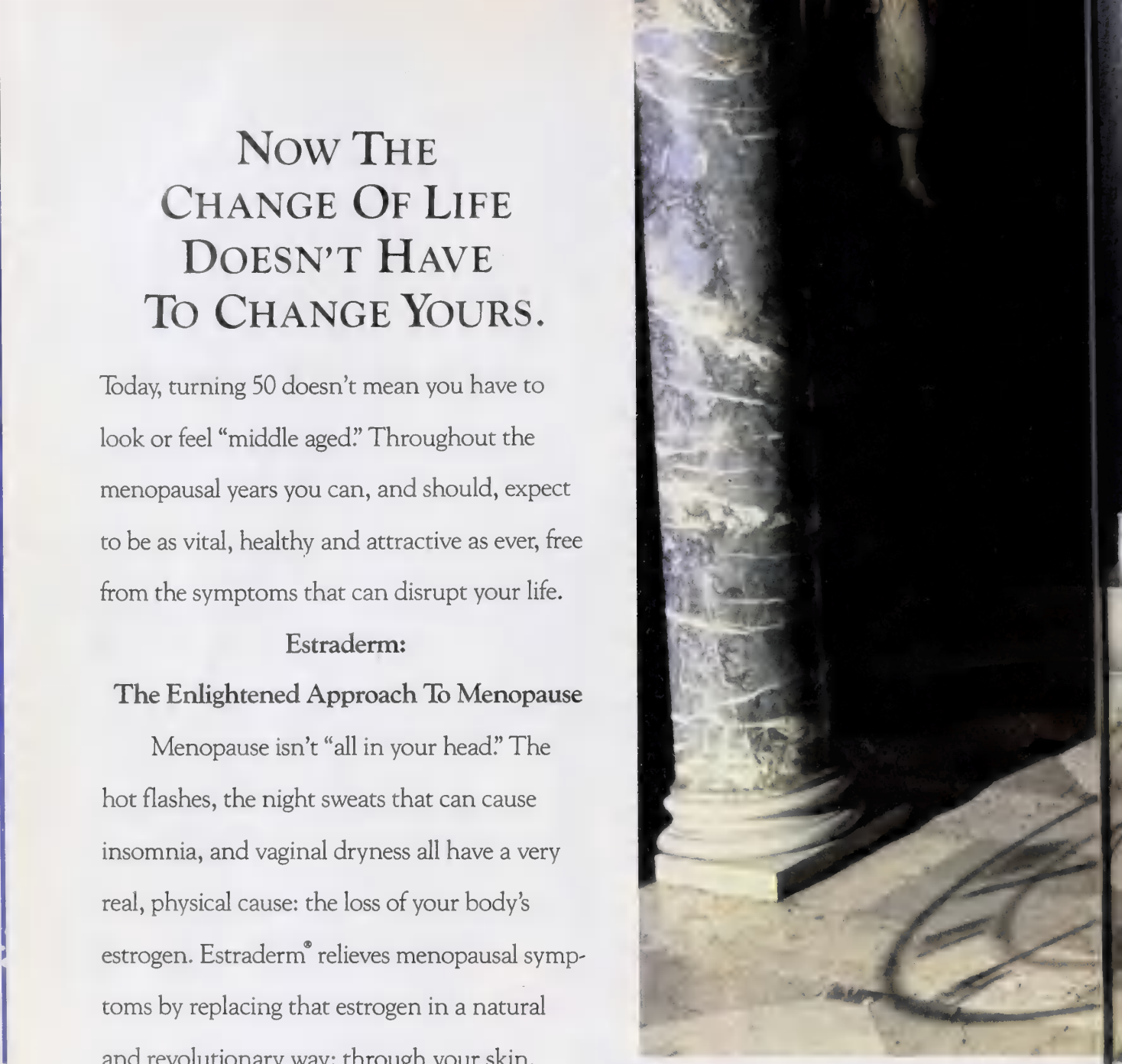
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What To Ask Your Doctor About Estraderm

Estraderm is being used safely and effectively by millions of menopausal women. To learn whether it would benefit you, here are some questions you might want to ask your doctor:

Q: Is the Estraderm Patch right for me?



Q: What are the benefits of Estraderm?

Q: Can Estraderm help relieve vaginal dryness?

Q: How long will I need to wear the The Patch?

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ESTROGENS HAVE BEEN REPORTED TO INCREASE THE RISK OF ENDOMETRIAL CARCINOMA.

Three independent case control studies have reported an increased risk of endometrial cancer in postmenopausal women exposed to exogenous estrogens for more than 1 year. This risk was independent of the other known risk factors for endometrial cancer. These studies are further supported by the finding that incidence rates of endometrial cancer have increased sharply since 1969 in eight different areas of the United States with population-based cancer-reporting systems, an increase which may be related to the rapidly expanding use of estrogens during the last decade.

The three case control studies reported that the risk of endometrial cancer in estrogen users was about 4.5-13.9 times greater than in nonusers. The risk appears to depend both on duration of treatment and on estrogen dose. In view of these findings, when estrogens are used for the treatment of menopausal symptoms, the lowest dose that will control symptoms should be utilized and medication should be discontinued as soon as possible. When prolonged treatment is medically indicated, the patient should be reassessed on at least a semiannual basis to determine the need for continued therapy. Although the evidence must be considered preliminary, one study suggests that cyclic administration of low doses of estrogen may carry less risk than continuous administration; it therefore appears prudent to utilize such a regimen.

Close clinical surveillance of all women taking estrogens is important. In all cases of undiagnosed persistent or recurring abnormal vaginal bleeding, adequate diagnostic measures should be undertaken to rule out malignancy.

There is no evidence at present that "natural" estrogens are more or less hazardous than "synthetic" estrogens at equiestrogenic doses.

ESTROGENS SHOULD NOT BE USED DURING PREGNANCY.

The use of female sex hormones, both estrogens and progestogens, during early pregnancy may seriously damage the offspring. It has been shown that women who had been exposed *in utero* to diethylstilbestrol, a nonsteroidal estrogen, have an increased risk of developing in later life a form of vaginal or cervical cancer that is ordinarily extremely rare. This risk has been estimated as not greater than 4 per 1000 exposures. Furthermore, a high percentage of such exposed women (30-90%) have been found to have vaginal adenosis, epithelial changes of the vagina and cervix. Although these changes are histologically benign, it is not known whether they are precursors of malignancy. Although similar data on the use of other estrogens are not available, it cannot be presumed they would not induce similar changes.

Several reports suggest an association between intrauterine exposure to female sex hormones and congenital anomalies, including congenital heart defects and limb-reduction defects. One case control study estimated a 4.7-fold increased risk of limb-reduction defects in infants who had been exposed *in utero* to sex hormones (oral contraceptives, hormone withdrawal tests for pregnancy, or attempted treatment for threatened abortion). Some of these exposures were very short and involved only a few days of treatment. The data suggest that the risk of limb-reduction defects in exposed fetuses is somewhat less than 1 per 1000.

In the past, female sex hormones have been used during pregnancy in an attempt to treat threatened or habitual abortion. There is considerable evidence that estrogens are ineffective for these indications, and there is no evidence from well-controlled studies that progestogens are effective for these uses.

If Estraderm is used during pregnancy, or if the patient becomes pregnant while taking this drug, she should be apprised of the potential risks to the fetus and of the advisability of continuation of the pregnancy.

INDICATIONS AND USAGE

Estraderm is indicated for the treatment of the following: moderate-to-severe vasomotor symptoms associated with menopause; female hypogonadism; female castration; primary ovarian failure; and atrophic conditions caused by deficient endogenous estrogen production, such as atrophic vaginitis and kraurosis vulvae.

CONTRAINDICATIONS

Estrogens should not be used in women or men with any of the following conditions:

1. known or suspected cancer of the breast;
2. known or suspected estrogen-dependent neoplasia;
3. known or suspected pregnancy (see Boxed Warning);
4. undiagnosed abnormal genital bleeding;
5. active thrombophlebitis or thromboembolic disorders;
6. history of thrombophlebitis, thrombosis, or thromboembolic disorders associated with previous estrogen use.

WARNINGS

1. *Induction of Malignant Neoplasms.* Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver. There are now reports that estrogens increase the risk of carcinoma of the endometrium in humans. (See Boxed Warning.)

At the present time, there is no satisfactory evidence that estrogens given to postmenopausal women increase the risk of breast cancer, although a recent long-term follow-up of a single physician's practice has raised this possibility. Because of the animal data, there is a need for caution in prescribing estrogens for women with a strong family history of breast cancer or who have breast nodules, fibrocystic disease, or abnormal mammograms.

2. *Gallbladder Disease.* A recent study has reported a two- to threefold increase in the risk of surgically confirmed gallbladder disease in postmenopausal women receiving oral estrogens, similar to the twofold increase previously noted in users of oral contraceptives.

3. *Effects Similar to Those Caused by Estrogen-Progestogen Oral Contraceptives.* There are several serious adverse effects of oral contraceptives and other high-dose oral estrogen treatments, most of which have not, up to now, been documented as consequences of postmenopausal estrogen replacement therapy. This may reflect the comparatively low doses of estrogen used in postmenopausal women.

a. *Thromboembolic Disease.* It is now well established that users of oral contraceptives have an increased risk of various thromboembolic and thrombotic vascular diseases, such as thrombophlebitis, pulmonary embolism, stroke, and myocardial infarction. Cases of retinal thrombosis, mesenteric thrombosis, and optic neuritis have been reported in oral contraceptive users. There is evidence that the risk of several of these adverse reactions is related to the dose of the drug. An increased risk of postsurgery thromboembolic complications has also been reported in users of oral contraceptives. If feasible, estrogen should be discontinued at least 4 weeks before surgery of the type associated with an increased risk of thromboembolism, or during periods of prolonged immobilization.

While an increased rate of thromboembolic and thrombotic disease in postmenopausal users of estrogens has not been found, this does not rule out the possibility that such an increase may be present or that subgroups of women who have underlying risk factors or who are receiving relatively large doses of estrogens may have increased risk. Therefore, estrogens should not be used in persons with active thrombophlebitis or thromboembolic disorders, and they should not be used in persons with a history of such disorders in association with estrogen use. They should be used with caution in patients with cerebral vascular or coronary artery disease and only for those in whom estrogens are clearly needed.

Large doses of estrogen (5 mg conjugated estrogens per day), comparable to those used to treat cancer of the prostate and breast, have been shown in a large prospective clinical trial in men to increase the risk of nonfatal myocardial infarction, pulmonary embolism, and thrombophlebitis. When estrogen doses of this size are used, any of the thromboembolic and thrombotic adverse effects associated with oral contraceptive use should be considered a clear risk.

b. *Hepatic Adenoma.* Benign hepatic adenomas have been associated with the use of oral contraceptives. Although benign and rare, these tumors may rupture and cause death from intra-abdominal hemorrhage. Such lesions have not yet been reported in association with other estrogen or progestogen preparations, but they should be considered if abdominal pain and tenderness, abdominal mass, or hypovolemic shock occurs in patients receiving estrogen. Hepatocellular carcinoma has also been reported in women taking estrogen-containing oral contraceptives. The causal relationship of this malignancy to these drugs is not known.

c. *Elevated Blood Pressure.* Women using oral contraceptives sometimes experience increased blood pressure which, in most cases, returns to normal upon discontinuing the drug. There is now a report that this may occur with use of oral estrogens in the menopause and blood pressure should be monitored with estrogen use, especially if high doses are used. Ethinyl estradiol and conjugated estrogens have been shown to increase renin substrate. In contrast to these oral estrogens, transdermally administered estradiol does not affect renin substrate.

d. *Glucose Tolerance.* A worsening of glucose tolerance has been observed in a significant percentage of patients on estrogen-containing oral contraceptives. For this reason, diabetic patients should be carefully observed while receiving estrogen.

4. *Hypercalcemia.* Administration of high doses of estrogens may lead to severe hypercalcemia in patients with breast cancer and bone metastases. If hypercalcemia occurs, use of the drug should be stopped and appropriate measures should be taken to reduce the serum calcium level.

PRECAUTIONS

General

1. A complete medical and family history should be taken before initiation of any estrogen therapy. The pretreatment and periodic physical examinations should include special reference to blood pressure, breasts, abdomen, and pelvic organs, as well as a cervical Papanicolaou test. As a general rule, estrogen should not be prescribed for longer than 1 year without another physical examination being performed.

2. Because estrogens may cause some degree of fluid retention, careful observation is required when conditions that might be influenced by this factor are present (e.g., asthma, epilepsy, migraine, and cardiac or renal dysfunction).

3. Certain patients may develop undesirable manifestations of excessive estrogenic stimulation, such as uterine bleeding, mastodynia, etc.

4. Prolonged administration of unopposed estrogen therapy has been reported to increase the risk of endometrial hyperplasia in some patients. Estrogens should be used with caution in patients who have or have had endometriosis.

5. Studies of the addition of a progestin for 7 or more days of a cycle of estrogen administration have reported a lowered incidence of endometrial hyperplasia. Morphological and biochemical studies of endometrium suggest that 12 to 13 days of progestin are needed to provide maximal maturation of the endometrium and to eliminate any hyperplastic changes. Whether this will provide protection from endometrial carcinoma has not been clearly established. There are possible additional risks that may be associated with the inclusion of progestin in estrogen replacement regimens. The potential risks include adverse effects on carbohydrate and lipid metabolism. The choice of progestin and dosage may be important in minimizing these adverse effects.

6. Oral contraceptives appear to be associated with an increased incidence of mental depression. Although it is not clear whether this is due to the estrogenic or progestogenic component of the contraceptive, patients with a history of depression should be carefully observed.

7. Preexisting uterine leiomyomata may increase in size during prolonged estrogen use. If this occurs, estrogen therapy should be discontinued while the cause is investigated.

8. In patients with a history of jaundice during pregnancy, there is an increased risk that jaundice will recur with the use of estrogen-containing oral contraceptives. If jaundice develops in any patient receiving estrogen, the medication should be discontinued while the cause is investigated.

9. Estrogens may be poorly metabolized in patients with impaired liver function and should be administered with caution in such patients.

10. Because the prolonged use of estrogens influences the metabolism of calcium and phosphorus, estrogens should be used with caution in patients with metabolic bone diseases associated with hypercalcemia and in patients with renal insufficiency.

Information for Patients

See Patient Package Insert.

Drug/Laboratory Test Interactions

The results of certain endocrine and liver function tests may be affected by estrogen-containing oral contraceptives. The following changes have been observed with large doses of estrogen:

1. increased sulfobromophthalein retention;
2. increased prothrombin time; increased factors VII, VIII, IX and X; decreased antithrombin 3; increased norepinephrine-induced platelet aggregability;
3. increased thyroxine-binding globulin (TBG), leading to increased circulating total thyroid hormone (T_4) as measured by column or radioimmunoassay; free T_3 resin uptake decreased, reflecting the elevated TBG; free T_4 concentration is unaltered; TBG was not affected in clinical trials with Estraderm;
4. reduced response to the metyrapone test;
5. reduced serum folate concentration;
6. increased serum triglyceride and phospholipid concentration, and decreased pregnanediol excretion.

The pathologist should be informed that the patient is receiving estrogen therapy when relevant specimens are submitted.

Carcinogenesis, Mutagenesis, Impairment of Fertility

See WARNINGS and Boxed Warning.

Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver.

Pregnancy Category X

See CONTRAINDICATIONS and Boxed Warning.

Estrogens should not be used during pregnancy.

Nursing Mothers

As a general principle, the administration of any drug to nursing mothers should be done only when clearly necessary because many drugs are excreted in human milk.

ADVERSE REACTIONS

See WARNINGS and Boxed Warning regarding potentially adverse effects on the fetus, induction of malignant neoplasms, increased incidence of gallbladder disease, and adverse effects similar to those of oral contraceptives, including thromboembolism.

The most commonly reported adverse reaction to Estraderm in clinical trials was redness and irritation at the application site. This occurred in about 17% of the women treated and caused approximately 2% to discontinue therapy. Reports of rash have been rare.

The following additional adverse reactions have been reported with estrogenic therapy, including oral contraceptives:

Genitourinary System: Breakthrough bleeding, spotting; change in menstrual flow; increase in size of uterine fibromata; change in cervical erosion and amount of cervical secretion.

Endocrine: Breast tenderness, breast enlargement.

Gastrointestinal: Nausea, vomiting; abdominal cramps, bloating; cholestatic jaundice have been observed with estrogen therapy.

Eyes: Steepening of corneal curvature; intolerance to contact lenses.

Central Nervous System: Headache, migraine, dizziness.

Miscellaneous: Change in weight, edema, change in libido.

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Estraderm 0.1 (estradiol transdermal system)—each 20 cm² system contains 8 mg of estradiol USP for nominal* delivery of 0.1 mg of estradiol per day

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*See DESCRIPTION.

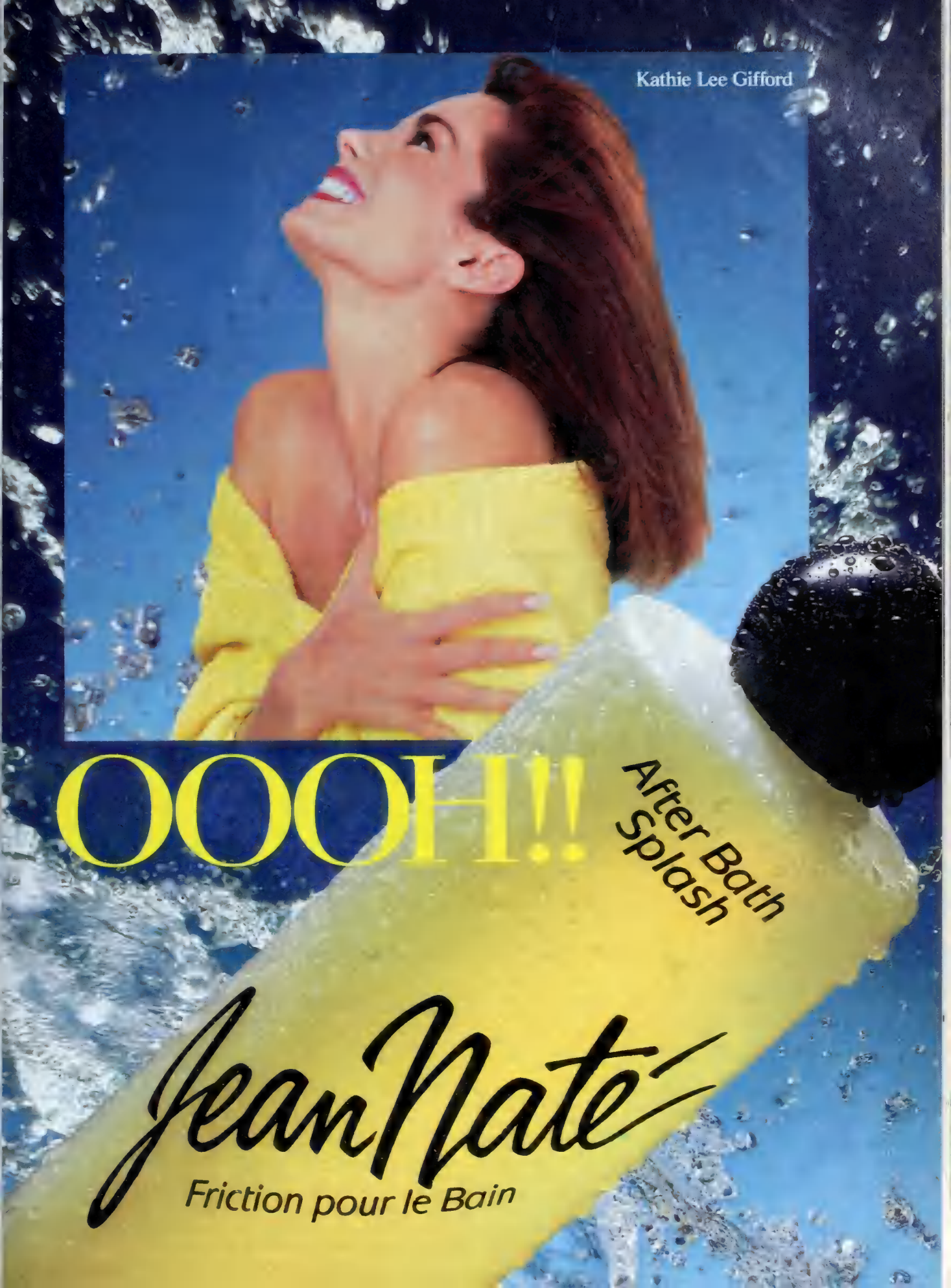
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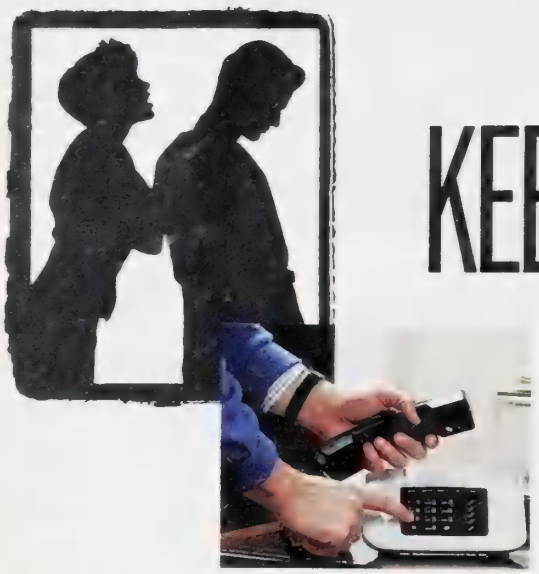
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CAN THIS MARRIAGE BE SAVED?



"MY HUSBAND KEEPS CALLING THOSE SEX HOTLINES"

Terry was devastated to discover that straitlaced Michael was regularly phoning prostitutes. Would she ever be able to trust him again? By Margery D. Rosen

TERRY'S TURN "How could he do it?" asked Terry, thirty-one, her voice rising. "How could Michael call a sex service and talk to some prostitute on the phone, for God's sake? What's wrong with him?

"Never in a million years would I have imagined that my dependable, straight-arrow husband would do something like this. One reason I fell in love with him was that he represented a life so different from the one I had known.

"My childhood was pretty intense. My father was a writer and professor, very dynamic but also moody. There was no question that he was the boss in the family and that he wanted to mold us—I have an older sister—into his image. I always had a sense that I was disappointing him.

"I was shy and insecure as a kid, and I stayed by myself a lot. Dad was totally wrapped up in himself and his work, and Mother was always trying to control my rebellious older sister. I was good little Theresa, pretty much forgotten.

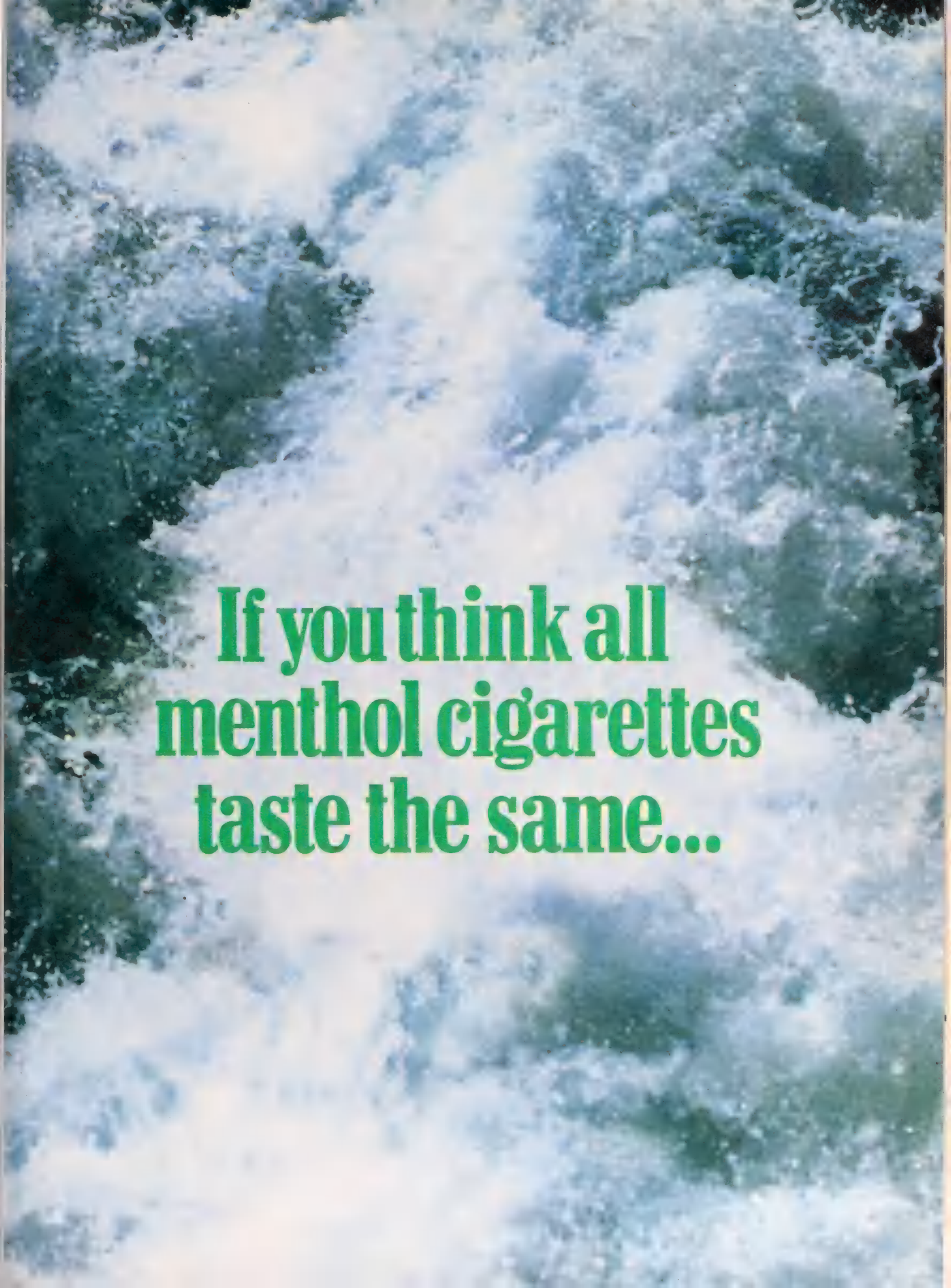
"I was nineteen and a sophomore in college when my mother got sick. She came down with viral pneumonia first, but soon we learned she had lung cancer. Until the last few weeks, when she entered the hospital, I fed her, bathed her, held her hand, read to her. When she died, I flipped out.

"Just before Mother died, my father started an affair with one of his grad students. I never forgave him. Four years later, when he had a heart attack and died, I flipped out again. I was alone.

"I met Michael over the phone at work. After college, I didn't know what I wanted to do, so I took this secretarial job with a large corporation. It's drone-type work and I hate it; I come home from work with my stomach all tied up in knots. Anyway, Michael is in charge of ordering supplies for another division of the same company. He *(continued on page 18)*

Introduced thirty-seven years ago, CAN THIS MARRIAGE BE SAVED? is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews and information from the files of Evelyn Moschetta, D.S.W., and Paul Moschetta, D.S.W., a husband-and-wife counseling team with offices in Bay Shore, Long Island, and New York City. The story told here is true, though names and details have been changed to conceal identities. CAN THIS MARRIAGE BE SAVED? is a registered trademark of Meredith Corporation.

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CAN THIS MARRIAGE BE SAVED?

(continued from page 14)

works downtown, and he called me one day to check on a shipment.

"It turned out I had to be in his office the following week for a meeting. I walked in the door, and I fell madly in love. He asked me to lunch, and from that day on, we dated steadily.

"Michael is a diabetic, and at first I didn't understand the seriousness of that. Sometimes he'd say, out of the blue, 'I'm really hungry, I gotta eat now.' I'd think, Fine, I'm hungry, too. But the truth is, Michael has to eat regularly throughout the day. He has to test his blood-sugar level two or three times a day. And if he's not careful, he can die.

"Once in the very beginning he casually mentioned, 'Oh, I'm diabetic.' I remember asking, 'What does that mean?' and he said, 'Nothing really. I take insulin.' End of discussion. Michael appeared perfectly healthy, so I never thought anything more about it. Not once did he say, 'I am seriously ill, and if I start to have an attack, get me some orange juice or something else with sugar.'

"Anyway, we'd been dating about six months when we flew to Chicago for a friend's wedding. We had some time to kill, so we went to the Museum of Contemporary Art. All of a sudden, Michael got very quiet. It was about one o'clock, and we hadn't eaten since breakfast, but back then I didn't know to pay attention to that.

"We walked outside, and Michael started weaving and bobbing and looking like he was going to pass out. I thought, God, he's a lunatic. Then it hit me: He's got to eat! I raced to a phone and called the emergency medical squad. I told them where I was, and they told me to get him some orange juice. So I ran to this snack bar, but Michael was so far gone, he couldn't even get the juice down. Finally the EMT guys arrived and gave him an injection. After an eternity, he started to come out of it—fine, but embarrassed.

"That was the beginning of our problems. You see, Michael refuses to take his disease seriously. In fact, he refuses to even talk about it. Each time he has an attack, he promises it will never happen again—as if it were a question of willpower.

"Meanwhile, we'd become engaged, and I'd moved into his apartment. We had a beautiful wedding at a small hotel in the city—we paid for it ourselves—and then went to Spain for a three-week honeymoon.

"But the honeymoon was over before a week was up. One night, after a long day of sight-seeing, we fell asleep early. Around two in the morning, I woke up and realized Michael was having a severe reaction. It was horrifying, trying to communicate with the emergency medical people in my high school Spanish, thinking my husband was going to die right there.

"He came out of it, but I was devastated. I felt like my whole future was crashing down around me. How could Michael do this? How would he be able to take care of me and the children we dreamed of having if he wouldn't take care of himself?

"We came back from our honeymoon early. That was four years ago, and things between us have just gotten worse. Our marriage is a sham.

"When we come home from work, I rush around and get dinner ready, and we usually eat in silence. Then Michael goes into the living room to watch TV, and I go into the bedroom to unwind. I'm so angry at him now that there are nights I can't even stand to be in the same room with him. I certainly don't want to have sex.

"I'm tired of pleading with him to take care of himself. Lately we've been fighting about everything. I'll buy a new sweater, and he'll hit the ceiling. Look, I'm not frivolous. I don't buy four-hundred-dollar shoes. We both make very decent money, but Michael is an incredible penny-pincher, yelling at me to hurry up and close the refrigerator door so I don't use up electricity. He is so overly meticulous that he even gets upset if I don't put something back in the refrigerator in the exact same place it was before. Why, his stinginess even extends to the baby we've talked about having—he's so hung up on how we'll be able to afford it that even that discussion goes nowhere.

"When Michael gets angry, he does things like refusing to take me to the grocery store. I hate to drive. The first year we were married, I had an accident—nothing serious, but it left me terrified to drive. And now when he's mad he uses this driving thing to get back at me.

"But our problems don't stop there. Last Sunday, I was sleeping late. I woke up because I heard Michael talking to somebody on the phone in the hall. I peeked out the door and heard him say, 'So when was the last time you had sex?' and other things. I could see he had an erection. Something clicked in my brain; I remembered that the husband of one of my dear friends had been calling these sex services and seeing prostitutes—my friend found the charges on their credit-card bills.

"I'm so angry I can't stand to be in the same room with him," said Terry.

Later that day, while he was watching the football game, I went on a search-and-destroy mission. I pulled out all the credit-card receipts, and sure enough, there were hundreds of dollars' worth of calls going back for over a year and a half to things like Entre-Nous and Dial Desirée. I stormed into the living room. Michael didn't know what to say.

"I insisted we get help. I won't give up without a good fight, but I don't know what to do anymore."

MICHAEL'S TURN "I'm glad Terry finally found out, I really am," said Michael, thirty-four, in a voice barely above a whisper. "It's a relief to have it out in the open. I know I have a problem. I'm very embarrassed. But at least I didn't go out and have an affair.

"Terry is wonderful; I don't want to lose her, but she's pushing me away. She won't let me be close. I can tell she's angry with me, but she won't tell me why. At least now we're here talking.

"Our problem is very simple: Terry doesn't want to make love. She says no so often I've stopped trying. You should see her when we get home from work. She's a maniac, whirling around the kitchen, throwing things into pots—you'd think she was trying to set a world record in dinner preparation. At the end of the day, I like to relax. I know she thinks I don't help her enough, but if she took a half hour to unwind first, I'd help.

"Then, after dinner, instead of sitting and talking like normal people, maybe watching a little TV, Terry disappears into the bedroom. Or she'll rant and rave at the top of her lungs.

(continued)

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CAN THIS MARRIAGE BE SAVED?

(continued) "She thinks I try to get back at her by not driving her all over the place. That's ridiculous. I'm not that kind of guy. I know she was very shook up after her car accident, and I was sympathetic. But that was three years ago. It's time she got over this hang-up.

"The only time we talk is when we argue over how much money she spends. I cannot understand why she has to buy a sweater a week. Both of us have good jobs, but we also have a lot of expenses. And if she wants to have kids, we have to start saving. I'm not saying she shouldn't buy any clothes—I'm saying she should be realistic. Buy what you need.

"Maybe my money worries are left over from my childhood. Dad was in the dry-cleaning business; he made a decent living, but we never really had much.

"I guess you could say it was a fairly traditional home: Mom stayed home and took care of my younger brother and me, while Dad was the boss, very strict, with lots of rules. My parents were so overprotective, it made me crazy. I know they were very concerned about my health, but they never let me make any decisions on my own. I fought with them a lot. They didn't think I was studying hard enough, they didn't like the colleges I was applying to, they thought my decision to major in psychology was dumb.

"It's a relief to have it all out in the open," said Michael.

"I was first diagnosed with diabetes when I was seventeen. I'd started to lose weight; I'd get very tired, hungry and thirsty, and I'd urinate a lot. I had to go to the hospital for tests. When I got out, my parents said I shouldn't tell anyone about the diabetes. What did I know? I was a kid; I did what they told me to do.

"But I guess I was angry. I didn't want to be sick, and for a long time I relied on my mother to give me the injections. Terry's right. I don't know why I don't take better care of myself.

"Look, I don't know what else to say. I don't know why I started calling phone-sex services. I got the number from the back of a porno magazine. And yes, at first I denied it. I was scared. I'd never seen Terry so angry. But something drastic had to happen."

THE COUNSELORS' TURN "Though this couple first came to see us about a sexual problem, that issue quickly became framed in the broader context of Terry's anger and resentment over Michael's refusal to own his illness as well as their inability to resolve issues of control in their marriage," said the counselors.

"Michael had never made peace with the fact that he has diabetes. Like many people with a chronic illness, he hated to think of himself as anything less than a whole, well person. Sadly, his parents had made him feel ashamed of his illness. Michael grew up in a home suffused with what we call a depression-era mentality, the belief that the world is a dangerous, terrible place, and as a result, safety and security must be your paramount concerns. Michael was convinced that Terry would reject him if she knew how sick he was. Because he had functioned in this pattern of denial for so many years, Michael was truly unable to see that his frequent attacks were directly linked to his unwillingness to deal responsibly with his disease.

"However, at the same time that his parents encouraged his denial, they also pampered him—his mother took on the responsibility of managing his illness and later on, Michael expected his wife to do the same. His parents tried to control his life in other ways, too, issuing edicts on everything from where to go to school to what profession he should choose. Though Michael thought he was rebelling against such strictures, with few exceptions he did precisely what they told him.

"Not surprisingly, as an adult, Michael had a compulsive need to control all areas of his life, no matter how minute. Even his arguments about having a child broke down into dollars-and-cents issues.

"In the beginning, Terry willingly played the role of rescuer—just as she had nursed her dying mother—because it made her feel needed. But those good feelings soon gave way to a simmering rage, and just as she couldn't express that anger to her autocratic father, so, too, did she have trouble telling her husband.

"When Michael refused to take care of himself and Terry was forced to witness his attacks again and again, she grew terrified of losing him just as she lost her parents. Her anger was further fueled by his nit-picking control over her life: 'How can he bug me about closing the refrigerator door,' she demanded, 'when he refuses to take care of his health?'

"Terry was similarly conflicted at work. A bright, creative woman, she was stifled by a routine job but was afraid to ask for more responsibility. By the end of the day, she was wound so tightly she couldn't relax.

"The first step in counseling was to insist that Michael take responsibility for his illness. When he finally realized that their success hinged on this issue, he began to change. He started to watch his diet, monitor his blood sugar and take his insulin. (Terry pulled back and stopped reminding him to eat properly.) At one point, his doctor advised him to check into the hospital for a three-day evaluation. This was difficult for Michael to do, because it meant that his disease might be getting more serious and could involve a whole new set of instructions. But he went ahead with the tests, and as a show of support, Terry—who had signed up for a refresher course in driving—drove him there.

"Once the issue of Michael's illness was out in the open, this couple made progress very quickly. By talking about the connection between her childhood and her fear of losing Michael, Terry was able to label her anger for what it was and no longer had to act it out sexually. As she became more loving and responsive to him, Michael stopped calling the sex hotlines.

"We encouraged Terry to speak up in other ways. When Michael questioned her about a pair of shoes, she learned to say, 'I'm a responsible adult. I know whether I can afford these shoes, and I resent the way you interrogate me.' She spoke up at work, too, and when she did, her supervisors were impressed with her ideas and broadened her duties. Happier at work, she arrives home calmer and more available to her husband.

"Terry and Michael ended therapy after a year. 'I get anxious about Michael's illness,' Terry told us at her last session, 'but I can trust him to stay on top of it now. And we've found that old closeness. I can't ask for anything more.' " ■

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(LHJ)

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A WOMAN TODAY



The author, in the office of SPUNK, the group she founded to help other women collect child support

"LET'S NOT FORGET THE CHILDREN"

There's heartache—and even hard feelings—when a marriage ends in divorce. But our kids shouldn't be the ones who have to pay the price. By Susan Speir

"LOOK AT MY SNEAKER, MOM," said my four-year-old daughter, Lynn. She held up her tennis shoe to display a large hole in the toe. Her two-and-a-half-year-old sister, Lori, stood behind her, wearing a hand-me-down sweater that was far too small. I felt angry and upset. If only I could afford to buy my children decent clothes, I thought.

Although I worked hard at my job as a secretary, my take-home pay was just five hundred dollars a month. Out of that I had to pay two hundred dollars for day care, and two hundred twenty-five dollars for the mortgage on our house in Long Beach, California. That left only seventy-five dollars for a month's worth of food, utilities, doctors' bills and gasoline.

It was hard to believe that we had once lived in a beautiful home, owned two cars and had plenty of money. But in 1975, when my husband, Scott, and I divorced—and he didn't pay the monthly child support he owed us—life for my daughters and me changed drastically.

Scott and I had been married since 1969. A handsome, charming Army officer, he had swept me off my feet the moment I met him. I was thrilled when he proposed a few months later. But within a few years, our storybook romance was showing signs of strain. Scott, who owned his own business making dental appliances, was starting to drink heavily. I also suspected he was having an affair. In 1973 my suspicions were confirmed when Scott filed for divorce and then ran off with another woman.

As part of our divorce settlement, Scott and I agreed that I would have custody of the two girls—and the responsibility of raising them. I didn't ask for support for myself, but the judge ordered Scott to pay one hundred dollars a month for each child. Naively, I believed that the court order was an unbreakable law. I also thought that Scott would want to help provide for our daughters because he loved them. In fact, it took eight years of fighting the system—and struggling to make ends meet—before the girls and I ever got that money.

Scott seemed determined to make sure I failed once I was on my own. "You won't do well without me," he warned. I thought he was talking about my emotional well-being, so I didn't pay any attention.

At first, when the child-support checks didn't arrive, I called Scott and made meek requests. Surely he means to pay, I thought. But his response shocked me. "Go on, beg," he taunted. "I want to hear you beg." He also began to harass me. He called constantly, *(continued)*

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even in the middle of the night, to ask what I was doing or whom I was with. And although he rarely visited the girls, he'd stake out the house to watch my comings and goings. I realized he was trying to keep my life in turmoil—and he was succeeding.

When Scott moved to Tennessee in 1975 with his girlfriend (who later became his wife), I was relieved that the harassment was at an end. But I was also upset—I knew I'd have even less chance now of collecting any child-support money from him.

For the girls' sake, though, I decided not to give up. I couldn't afford an attorney, so I began making regular trips to my local child-support office, which is administered by the state government to enforce payment. I learned from one of the caseworkers there that a district attorney has the means to collect out-of-state child-support payments through the local district attorney in the state where the ex-husband lives. Immediately, I completed and filed the petition required for this procedure.

However, by the time the papers reached Tennessee (later that year), Scott had moved to Illinois. A new petition had to be filed and sent to that state. The district attorney in Illinois actually located my ex-husband and questioned him, but then let him go without collecting the back child support. When I found out why, I was furious: Scott had told the D.A. that he and I were on the verge of a reconciliation. The district attorney, who had no way of knowing this wasn't true, granted a one-month extension on the petition. Unfortunately, during this time Scott moved to Arizona, and then to Texas.

This whole process took more than a year. I had made countless trips to the district attorney's office and spent hours on paperwork, but it got me nowhere. On top of that, I had to work so much to pay the bills that I rarely saw my young daughters. It was getting harder and harder to scrape by, yet we were too well off for any kind of financial assistance. Worst of all, no one seemed to care. I was so frustrated and exhausted I felt like I was going to have a nervous breakdown.

What kept me going, though, was the hope of giving Lynn and Lori a better life. Like any mother, I wanted my children to have plenty of food to eat, shoes without holes and clothing that fit. I also wanted to be able to give them some of the little extras that we could never afford—a new toy, tickets for the movies, a trip to the zoo. Without Scott's child-support checks, none of those things was possible. And legally, Scott *did* owe the girls that money.

To find out if there was anything else I could do, I began attending child-support conferences and reading government reports on the subject. Suddenly I realized that there were a lot of other women in the same situation. That's when I decided it was time for me to take some action.

In April 1982, I contacted a local reporter and told her my story—and my desire to create an organization to help women collect child support. When the article ran in the newspaper, I began to receive hundreds of calls. Sometimes the women who telephoned me just needed a sympathetic ear; but at other times the needed sound advice on how to proceed with their legal cases.

During the next several years, I devoted almost all my free time—mostly evenings and weekends—to the group which I had decided to call SPUNK (Single Parents United 'N' Kids). I held meetings in my home and began writing a monthly newsletter focusing on child-support laws and procedures as well as reviews of new books on the subject. I distributed it to single parents, family-service agencies, attorneys and therapists in the Los Angeles area. I also helped develop the National Child Support *(continued)*





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asting Images collection by randy williard design, manufactured by Stanford Manor, a division of Furniture Corporation of America.

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Advocacy Coalition (NCSAC), an
brella organization, based in north
Virginia, for independent child-s
port groups to network. I am curre
NCSAC's president.

The expenses for SPUNK were
tially minor and came out of my
pocket. I felt it was well worth it.
group was starting to receive publi
on local radio and TV shows as wel
in the newspapers, and it was a g
feeling to know that I was helping
er single parents.

Then, later that year, I got a pers
al break. I was in court assisting
other woman when Don Gerecht,
Los Angeles deputy district attor
started chatting with me about
seven-year-old case. He seemed in
ested and told me he would look i
it. I was surprised when Gerecht ca
me a couple of weeks later to say t
the D.A.'s office had decided to
criminal charges against my ex-h
band and would extradite him to C
fornia if he still wouldn't pay.

I had mixed feelings about thi
knew Scott would be very angry
such a drastic move, yet that mo
belonged to Lynn and Lori. I decide
go ahead with the proceedings.

My case went before the governo
California, George Deukmejian,
signed the extradition papers. T
were then sent to the governor of T
as. Scott was arrested and char
with a felony for failing to make ch
support payments.

Within days, my ex-husband ca
up with the $13,761 he owed. Los
geles District Attorney Robert H. F
libosian held a press conference to p
sent me with the check, which he s
might be the largest support paym
ever recovered at one time.

Although I was happy that just
had been served, I do regret that Sc
and I weren't able to work things
more amicably and that I had to res
to such an extreme measure. Sc
was, after all, the father of my dau
ters, and I didn't want the kids to
hurt by what had happened. What s
dens me the most, though, is tl
Lynn and Lori never got a chance
know him. Scott did visit them on
after he paid the back support, bu
was an awkward meeting. Unfor
nately, that was the last time th
ever saw him: In 1987, we receiv
word of Scott's sudden death.

Lynn and Lori have gradually co
to terms with their father's death, h
I know it hasn't been easy. I've tried
help them the best I can. Thankful
the girls and I have a very close re
tionship. They support my comm

t to SPUNK and help answer the
y calls we get at home at night.
a sense, winning my own child-
ort case served as a fresh catalyst
my work with SPUNK. When I
about a single mother in my town
killed herself and her three young
ren because she was about to be
ted from her apartment and had no
e else to go, I knew that I had to do
e. I gave up my secretarial position
made SPUNK my full-time job,
orting my family with stints of
porary work.
the last several years, the group
grown tremendously. We help
t three thousand women a year,
I regularly give speeches, presen-
ns and workshops at family and
en's centers and colleges through-
the state. We were the only advo-
group chosen to give input in the
fornia *Child Support Handbook*,
ch is distributed to both parties
ng a divorce to inform them of
r rights and obligations.
'e have also received nonprofit sta-
and we now have office space and
phone service subsidized by the
of Long Beach. The Long Beach
al Aid Foundation provides us with
legal advice. But our greatest coup
ate was a $33,000 grant from Legal
vices Corporation in Washington,
., which disburses government-ap-
priated funds to legal-aid groups.
used that money to publish a pam-
et on child support that we now
ribute to the public.
lthough much more needs to be
e in the area of child support, I do
k that more and more women are
izing that they can—and should—
d up for what rightfully belongs to
m and their children. After all, as
own case proves, you *can* fight the
em and win. ■

new law to help gle parents

at happened to Sue Speir is not un-
mon. According to the Census Bu-
u, of the 8.8 million families with
ent fathers in the country in 1985
latest date for which figures are
ilable), 4.4 million were due to re-
e child support. Of that total, 26
cent received only partial payments
another 26 percent received noth-
at all. Of those who did receive
e payment from their ex-spouses,
average amount was only about
0 a month per child.
ccording to the Family Support Act
988, which makes immediate wage
nholding mandatory: By November
990, if a case is being handled by a
l or state child-support agency for
reason, court-ordered support pay-
nts will be automatically deducted from the income of the absent parent, even if he or she is not in arrears. By January 1, 1994, employers will be required to withhold wages of *every* parent ordered to pay support.

The act also requires judges to use state guidelines—which are based both on what it costs to raise a child and on the father's income—to determine the amount of child support a noncustodial parent should pay. If a judge makes an exception to this rule, he or she must explain it in writing.

Moreover, by October 1990, if a child-support case has been handled by the state or local child-support enforcement office, the custodial parent can ask to have her support order reviewed every three years; by 1993, this will become automatic.

Finally, because noncustodial parents have been able to avoid their financial responsibility by simply dropping out of sight, the new law will require all mothers and fathers to provide their Social Security number when a child's birth certificate is issued. Many states, as well as the federal government, have set up computer networks to help locate missing parents.

Where to go if you need help:
• *For free information on child support, contact the National Child Support Enforcement Association, Hall of the States, 444 North Capitol Street N.W., Suite 613, Washington, DC 20001, or the Office of National Child Support, National Child Support Enforcement Reference Center, 370 L'Enfant Promenade S.W., Washington, DC 20447.* • *For information on women's and children's rights, contact the National Center on Women and Family Law, 799 Broadway, Room 402, New York, NY 10003; the Women's Legal Defense Fund, 2000 P Street N.W., Suite 400, Washington, DC 20036; or the Children's Defense Fund, 122 C Street N.W., Suite 400, Washington, DC 20001.* • *For a list of support groups in your area as well as informational material, send $3 and a self-addressed, stamped envelope to the National Child Support Advocacy Coalition, P.O. Box 4629, Alexandria, VA 22303.* • *To receive a free copy of SPUNK's pamphlet, "Child Support," send a self-addressed, stamped envelope to SPUNK, 1133 Rhea Street, Long Beach, CA 90806.*

SHARE YOUR STORY

The *Journal* will pay $750 for each article accepted for publication in the "A Woman Today" column. Manuscripts should be 1,500 words, typed, and must be accompanied by a self-addressed, stamped envelope. Send all entries to Box WT, Ladies' Home Journal, 100 Park Avenue, New York, NY 10017.

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LOSING WEIGHT
by
Cristina Ferrare

"I lost 25 lbs. in 3 months... And I feel terrific!"

Cristina Ferrare

"How I went from size 14 to a size 10."

"Even when I was a model, I always worried about my weight. I tried all kinds of diets...but they all left me feeling tired and depressed. This April, I had a beautiful baby and in May I still had 25 pounds to lose. Honestly, I didn't know if I could do it.

Then I discovered Ultra Slim-Fast... I was amazed how easy it was.

I didn't feel like I was on a diet—never hungry or deprived and I lost all that weight on the Ultra Slim-Fast Program. I had a thick delicious Ultra Slim-Fast shake for breakfast (hint: I make it in a blender with ice), one for lunch, and a Slim-Fast Nutrition Bar for a snack (the peanut butter ones are great!), then a sensible dinner every night. We even went out to my favorite restaurants.

I was amazed at how energetic I felt.

Ultra Slim-Fast is healthy and nutritious. Each shake gave me an abundance of vitamins, minerals, protein, important fiber and carbohydrates. This nutritionally balanced program gave me all the energy I needed to keep up with my hectic schedule—and my four children.

Best of all, I actually went from a size 14 to a size 10! And I haven't felt this good since I was 22."



NOTE: Cristina Ferrare may not be typical of the average Slim-Fast user. Most users need to lose less weight. Weight loss varies with the individual depending on a variety of factors.

Cristina Ferrare: Slim and Looking Great!

Cristina's Diet Recipe = Ultra Slim-Fast + Imagination

Cristina's Pina Colada

8 oz. skim milk
1 heaping scoop Ultra Slim-Fast Vanilla
1/4 cup pineapple
1/4 cup banana
3/4 tsp. coconut extract
1/4 tsp. rum extract
1 pack lo-cal sweetener
10-12 Ice cubes
Blend until smooth.

Mocha Creme

8 oz. skim milk
1 heaping scoop Ultra Slim-Fast Chocolate
1 1/2 tsp. instant coffee
1 1/2 packs lo-cal sweetener
10-12 Ice cubes
Blend until smooth.

CUT ALONG DOTTED LINE

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BEAUTY & FASHION JOURNAL

Pick up a few style secrets, enter a contest, have a ball!

SUMMER FASHION STEALS

ON THE LOOKOUT FOR GREAT CLOTHING BARGAINS? OUR SEVEN PICKS ARE THE KINDS OF FASHIONS YOU'LL LIVE IN ALL SEASON LONG



■ **A TAILORED JACKET** Your best bet is a single-breasted notched-collar blazer with a slightly oversize fit and longer length. Keep your cool in lightweight fabrics like cotton, linen, rayon and washed silk. Choose a go-with-everything color like navy, khaki or white, or a hothouse hue such as fuchsia, marigold or lime that will add instant spark to any outfit. A jacket will give walking shorts more sophistication, make a bare dress office-worthy.

■ **LEATHER AND SUEDE SANDALS** **Strappy flats are summer essentials, and this season's hits are woven sandals or barely-there thongs. Treat your feet to soft shades of blush, celery or taupe; black or brown; or the newest neutral—metallic gold.**



■ **A COTTON-KNIT DRESS** *The* solution for sultry evenings, steamy weekends. Styles to try: body-skimming sleeveless turtleneck, basic tee, Lycra-boosted tank or halter. Black or white is always right, but why not make a scene in hot pink or a tropical floral?



■ **COTTON-JERSEY TEES** **We can't live without 'em! Go for short- or long-sleeve styles in white—makes everything you wear with it look crisp. Also great are rich shades of plum, indigo, moss, cocoa and raisin, and soft naturals like celery, banana, khaki and heather gray.**

■ **COTTON SWEATERS** **True American classics. Count on neutrals like white, navy, pine and black. They're super with walking shorts, jeans and leggings, and will work for fall with corduroys and suedes. Chic styles: cardigans, chunky fisherman turtlenecks and roomy cabled crews.**

■ **WALKING SHORTS** **For real city-slicker appeal, purchase a longer, tailored, pleated pair with a zip-front. Cotton madras and tartan plaids are new this season. For a "paper bag" waist, go two sizes larger than usual.**

■ **LEGGINGS** **Bike shorts, capris and ankle-cropped cotton-and-Lycra blends go everywhere on the weekends. Team with big tees, blazers and cotton sweaters. Try them in black or white for style mileage.**

▶

Photos, David Zanes. Hair, Tony McAulay; makeup, Elizabeth Drabinski for Head Rooms Salon. Model, top and right, Alison Houtte, of Name; bottom, Nancy Donahue, of Elite. Details, page 119.

BEAUTY & FASHION JOURNAL



THIRTY-SIX AND CAMERA-PERFECT

The dazzling 1990 grand-prize winner is Beverly Hollister, of Los Angeles. Though she's always been careful to take great care of her complexion, Beverly credits her recent move to California for encouraging her to adopt good habits like eating lots of fish, drinking plenty of water, using sunscreen religiously (a must in L.A.!) and exercising.



Photo, Nesti Mendoza; illustration, David Croland. Details, page 119.

OVER 30? BE A MODEL!

If you've always wanted to model, here's your once-in-a-lifetime opportunity! We've teamed up with Dove Beauty Bar to offer you two beautiful ways to win—the **Dove Classic Model Discovery** contest and the Dove Model-Beautiful Skin Contest (you must be thirty or over by the deadline to enter; you can enter both, but win only one). The 1991 Classic Model winner will receive **$25,000**, a one-year contract with Elite Model Management and a $5,000 designer wardrobe from Louis Dell'Olio for Anne Klein. The **Beautiful Skin** winners (two from each region) will be awarded $500 cash toward a day of beauty in their hometowns. Turn to page 119 for official rules.

DOVE CLASSIC MODEL DISCOVERY ENTRY FORM

Explain, in fifty words or less on a separate sheet of paper, "I have camera potential because..."

Name (please print clearly) _____

Address _____

City _____

State & Zip code _____

Contest region _____ **Phone** _____

Date of birth/Present age _____

Height _____ **Eyes** _____ **Weight** _____ **Hair** _____

ENTRIES MUST BE RECEIVED BY AUGUST 31, 1990

SEND ENTRY TO: Dove Classic Model Discovery
PMSI Station
P.O. Box 13341
Bridgeport, CT 06673-3341

ENCLOSED ARE: two Dove wrappers and two color photographs (full-length and head shot)

DOVE MODEL-BEAUTIFUL SKIN ENTRY FORM

Tell us, in fifty words or less on a separate sheet of paper, "Why my skin is model-beautiful at age 30+."

Name (please print clearly) _____

Address _____

City _____

State & Zip code _____

Contest region _____

Phone _____

Date of birth/Present age _____

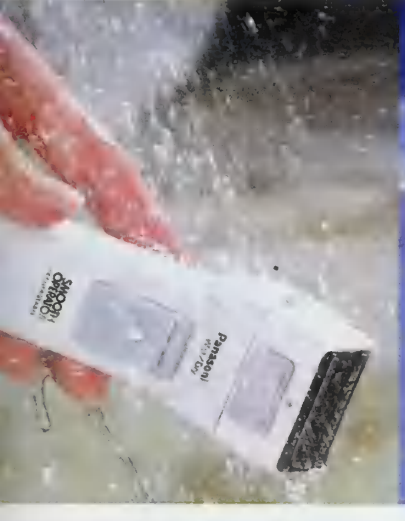
ENTRIES MUST BE RECEIVED BY AUGUST 31, 1990

SEND ENTRY TO: Dove Model-Beautiful Skin Contest
PMSI Station
P.O. Box 13341
Bridgeport, CT 06673-3341

ENCLOSED ARE: two Dove wrappers and one color photograph (head shot)

t's better in the shower.









If you want to get close, really close, take a shower
r a nice hot bath) with a Smooth Operator.℠

Smooth Operators are the cordless razors from
anasonic that can shave wet, with lather. They unite
e closeness of a warm, wet shave with the no-nick safety of an electric for sleek, sexy, great-looking legs.

The Smooth Operator Bikini Trimmer also can be used in the tub or shower. It's fast, gentle and this summer, a necessity. *Available at fine stores everywhere.*

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BEAUTY & FASHION JOURNAL

Suitcase smarts

ONCE AND FOR ALL, DON'T OVERPACK! OUR SUGGESTIONS FOR A CASUAL WEEK IN THE SUN:

- **Stick to uncomplicated, basic shapes. Stash two T-shirts, three or four tank tops, two pairs of walking shorts, a pair of pull-on pants, two or three long, full skirts, one dressier tee or bodysuit, two swimsuits, a cardigan or oversize jacket. Take a break from anything tailored and tight—especially hose!**
- **Pack mostly solid colors. Add one print top and skirt that can be mixed with solids or worn together.**
- **Necessary accessories? A big straw hat, sunglasses, a scarf or two to wrap hair, sandals, and minimal jewelry. Go for big, thin hoops; ethnic-look bracelets; and long, simple necklaces, like pendants or amulets on a cord.**



GREAT IDEAS FOR A CHIC GETAWAY

SKIPPING TOWN FOR A LITTLE R&R? HERE'S HOW TO LOOK PRETTY IN THE HEAT AND WHAT TO PACK WHEN YOU WANT COMFORT PLUS STYLE

HEATPROOF BEAUTY ESSENTIALS

When the weather's too hot to handle, it's time to pare down your beauty kit: Featherweight foundation keeps skin fresh-looking and smooth. Look for one that's sunscreen-boosted, water-base or oil-free, and hypoallergenic. The newest formulas are also labeled "perspiration-proof." Try Maybelline Active Wear Liquid Make-up SPF 8 or Max Factor Active Protection Makeup with sun-screen. **Powder** is a can't-live-without accessory in summer. Apply after foundation, fluff off excess. Coty Correctives Loose Powder and Max Factor Powder Bar (loose powder in a pressed form) are two effective oil blotters. Keep eye makeup to a minimum. **Waterproof mascara** is all you really need to emphasize your eyes. Splash Out Waterproof Lash Extending Mascara by L'Oréal fills the bill. Want a bit more drama? Revlon's Waterproof Eye Shapers come in eight great shades. For a more kissable mouth, stick to **sheer lip color**. The new lipstick pencils are heat resistant and contain sunscreen. We love SunSweeps LipColor Pencils by Cover Girl and Sunner's Lipstick by Clinique. How to control your hair when it's humid? **Gel** is the answer. Apply at hairline to direct hair off your face and add shape and a healthy shine. Look for alcohol-free New Studio Line Clean Gel by L'Oréal or Clairol's Final Net Shaping Gel.



Photos, top: David Zanes; model, Alison Houtte, of Name. Photo, bottom: Nesti Mendoza; model, Lara Harris, of East/West Prima. Details, page 119.

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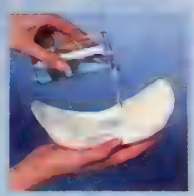
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It turns liquid into a gel that won't leak.

Pour a half cup of water into a Serenity Regular Guard. Wait a few seconds. Turn it over. Nothing leaks. That's effective protection.

Serenity® Guards keep you dry, comfortable and secure. For a FREE sample, mail attached card or call 1-800-637-8800, ext. 355.





Protection that lets you feel like a woman again.



Please consult your physician regarding your incontinence condition.
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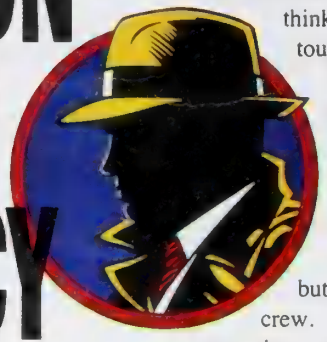
WHAT'S HOT SUMMER MOVIES

This summer Hollywood promises blockbusters galore. Here, *LHJ* fills you in on coming attractions—and behind-the-scenes happenings





PRIVATE EYE ON DICK TRACY



By Joanne Kaufman

LAST SUMMER *BATMAN* WINGED HIS WAY INTO THE HEARTS—AND POCKETbooks—of moviegoers, and now another comic-strip hero is hoping for a stupendous score. *Dick Tracy* is throwing his fedora into the ring—along with loads of posters, watches and other memorabilia. As the whole world knows by now, Warren Beatty plays the razor-jawed Chicago cop. Although Tracy's trademark hawk nose has been softened to reflect Warren's more refined mug, the feisty flatfoot still battles such familiar foes as Big Boy Caprice (Al Pacino), Mumbles (Dustin Hoffman) and Flattop (William Forsythe).

Fortunately for Tracy, he doesn't have to face this hard, cruel (under)world alone: He has a tagalong pal, Kid (eleven-year-old Charlie Korsmo), and his stalwart girlfriend, Tess Trueheart (Glenne Headly). And, fortunately for the plot, Tracy's loyalty to Tess is sorely tested by Breathless Mahoney (Madonna), a nightclub canary with a strong nesting instinct.

"*Dick Tracy* is a movie about love and duty and a need for family," explains Beatty, who doubles as the film's director. "It has its own innocent world, its own primary colors, its own grotesque characters that contrast good and evil, and its own music. It's all original. It's filled with actors who make me laugh. It was not like working."

The line between work and play is one Beatty sometimes blurs. He has often been romantically linked with his leading ladies; Madonna apparently was no exception. "There was a lot of smooching on the set," says Korsmo. "She sat in his lap. I just stayed out of the way. I'm not that interested in that." He's heard, like the rest of us, that the two may have since broken up. But still, he has fond memories of the glamorous actress making popcorn for him in the kitchen during his audition at Beatty's house.

Others on the set took less notice of the reported Beatty-Madonna romance. "There wasn't a buzz because it just seemed natural," says one of the movie's makeup artists, Doug Drexler, who admits he had some preconceived notions about the Material Girl. "You'd think a rock star would be tough and wild," he says. "But she turned out to be very sweet. I never was a Madonna fan before the movie. But she sings these torch songs, and I was just knocked out."

Madonna's other attributes also impressed the crew. "We were on the set one day, and there was a big number in the Club Ritz, where Madonna had a solo," recalls John Caglione, the other chief makeup artist. "At the end of her dancing she had to strike a pose where her arms go over her head, and every time she did that her breasts popped out of the dress."

Caglione and Drexler, although used to reattaching fake lips and phony noses that have melted off during a scene, feared that the producer would be asking them to glue Madonna's bosom into the wandering costume. "We felt it was too dangerous," deadpans Caglione. "It was like if the Museum of Natural History had asked us to watch the Star of India for the weekend."

Director/star Beatty had his fans among the cast and crew, too. "He was just a pleasure, very warm and bright and considerate of his

(continued)

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WHAT'S HOT

(continued) actors,'' says Dick Van Dyke, who plays a shady D.A. in the movie. In Van Dyke's case, Beatty's consideration included a gift of a state-of-the-art treadmill after Van Dyke injured his shoulder and was unable to do his regular exercise.

But for Van Dyke, the real treat was working with Al Pacino—even though initially Pacino was strictly the silent type. ''It dawned on me that he was a Method actor and had simply been staying in the role,'' says Van Dyke. ''He was supposed to be my enemy, and once the scene was over he felt free to be my friend.''

Dustin Hoffman, who once deprived himself of sleep to look tired in *Marathon Man*, seemed less Method-minded than usual. And with good reason: While Caglione and Drexler were making him up to be Mumbles, he was busily preparing his interpretation of Shylock for an upcoming production of *The Merchant of Venice*.

Like his friend Hoffman, Beatty is known as a perfectionist. ''He's notorious for doing take after take,'' says Drexler. ''On *Dick Tracy* he was within reason except for one night. One scene went fifty-two takes. Every time Warren said 'Do it again,' the crew burst into laughter. It was so outrageous it was funny.''

Beatty never rushed—even when it came to signing Charlie Korsmo's autograph book. Warren signed his name along with the promise of ''strong words to follow.'' As for Madonna, Charlie reports, she wrote something ''weird about peanut butter sandwiches,'' then added, ''Someday you'll appreciate me.'' If Beatty and Madonna have their way, audiences and critics will be appreciating them just a bit sooner.



Guy Webster

MARY STEENBURGEN AHEAD TO THE FUTURE

By Michael J. Bandler

If Mary Steenburgen isn't quite a household name, it's not for a lack of hit movies. In *Back to the Future Part III*, she plays an Old West schoolmarm who falls in love with time-traveler Christopher Lloyd. She also starred in last year's smash comedy, *Parenthood*, playing sturdy mom to Steve Martin's frazzled dad. And it may well be that parenthood, in fact, is what keeps her from superstardom.

Still, she's not complaining. "When I had my children, I realized I didn't want to be a stranger to them," says the thirty-seven-year-old Oscar winner, who's mother to Lilly, nine, and Charlie, seven. "It has meant a certain amount of compromise, but my career has been very satisfying."

Dressed in faded jeans, a blue top and sneakers, Steenburgen is relaxing on the porch of her farmhouse in the orange-grove country near Santa Barbara. Seven years ago, she and her then-husband, actor Malcolm McDowell, moved here from Hollywood to give their children a "solid, normal life." The couple divorced—amicably, she says—earlier this year. She takes pains to stress, however, that she does not think of herself as a single parent. "I'm a single woman, but I consider myself actively parenting with Malcolm, who's a wonderful dad."

Mary is an active parent on her own, too. "I read to them pretty much every night," she says. "I made a rule for myself that I'd *never* limit the number of books I buy them. So they each have enormous libraries."

It doesn't bother Mary that her kids would probably rather read than watch her at work. Of her fourteen films—which include *Ragtime*, in 1981, and last year's *Miss Firecracker*—they've seen only *Parenthood*. But she's optimistic. "I think that when they're older, they will be curious about my history, and then perhaps they'll want to look at my movies."

Ever since her childhood days in Little Rock, Arkansas, Steenburgen wanted to be an actress. Her parents—a freight-train conductor and a secretary—"rooted for me, supported me emotionally," she says, right through her decision to move to New York City in 1972. In 1977—after five years of acting classes, improvisational comedy and waitressing—Mary was spotted in a casting director's office by Jack Nicholson. He promptly signed her for the female lead in his film *Goin' South*.

A role opposite Malcolm McDowell in the time-travel drama *Time After Time* came next, but it wasn't until *Melvin and Howard*, in 1980, that Steenburgen struck pay dirt. Her comic turn as a dreamy *(continued)*

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WHAT'S HOT

(continued) young wife in that film brought her an Oscar for best supporting actress.

What makes it easy to glide between comedy and drama, she says, is her versatile face. *Back to the Future Part III* director Bob Zemeckis agrees. "My films are comedies, but no one is acting funny," he says. "Mary is *the* actress who's able to pull that off. She understands the situation is humorous, but she never winks at the camera."

Her offscreen manner is similarly understated. She refuses to discuss her current romance. And about her breakup with McDowell, she says only: "My relationship with Malcolm was good for me, and being on my own has been good for me—it's about time I grew up."

Growing up means accepting oneself, Steenburgen declares. She bristles at the "perfection pressures" women put on themselves. "I can think of better things that people can do than worry about the flatness of their stomachs," she says, adding, "I *wallow* in my imperfections. I mean, if I were perfect, I wouldn't have had that hot fudge sundae on the plane yesterday. But I enjoyed every bit of it!"

She even insists she's looking forward to middle age. "I know there will be a time in my life when I'll be more selfish," Steenburgen says. "When my children are grown, in my late forties, I'm going to do everything!"

MORE SUMMER SIZZLERS

Dick Tracy and _Back to the Future Part III_ won't be the only games in town. Here are some of the season's leading box-office contenders, in order of release:

BIRD ON A WIRE Goldie Hawn and Mel Gibson play ex-lovers who rediscover each other while being chased across the country by ruthless drug dealers.

CADILLAC MAN Robin Williams plays a philandering car salesman who trafficks with the wrong woman and then tries to make a deal to escape from her hostage-taking husband (Tim Robbins).

DIEHARD 2 Bruce Willis, a.k.a. super cop John McClane, lands himself in trouble again—this time he's at the airport when terrorists strike.

DAYS OF THUNDER Paramount is hoping audiences will do wheelies over this fast-paced race-car drama. Tom Cruise, who came up with the idea for the movie, plays a would-be champ who spins out over Australian actress Nicole Kidman. (Kidman is supposedly Cruise's new offscreen squeeze as well.)

QUICK CHANGE Bill Murray, Geena Davis and Jason Robards star in a comedy about a fool who thinks he's plotted a foolproof bank heist.

FLATLINERS How's this for a pulse quickener? Kevin Bacon, Kiefer Sutherland and Julia Roberts play ambitious med students who dare one another to stop their heartbeats—only temporarily—in order to take a look at what's happening in the hereafter.

ARACHNOPHOBIA First, Tippi Hedren faced the birds. Now it's Jeff Daniels and John Goodman's turn to battle nature, this time in the form of—eeeww!—spiders, spiders and more spiders.

GHOST With the help of phony medium Whoopi Goldberg, spirited Patrick Swayze tries to reach out and touch Demi Moore from the great beyond in this romantic comedy.

MY BLUE HEAVEN After ratting on the mob, Steve Martin hides in a tiny California town. Excuuuuse me, Steve, but your antics irk the FBI agent (Rick Moranis) assigned to your case, to say nothing of the assistant D.A. (Joan Cusack) who thinks you belong in the slammer.

PRESUMED INNOCENT It will be for audiences to judge the success of the adaptation of Scott Turow's best-selling novel. Harrison Ford plays a married D.A. tidily framed for the murder of his girlfriend (Greta Scacchi).

THE TWO JAKES Jack Nicholson, Harvey Keitel and Meg Tilly star in the long-awaited sequel to *Chinatown*.



Hot tickets: Tim Robbins and Robin Williams in *Cadillac Man*, Tom Cruise in *Days of Thunder*, and Goldie Hawn and Mel Gibson in *Bird on a Wire*

Photos, from left: Andy Schwartz, Stephen Vaughan, Joe Lederer.

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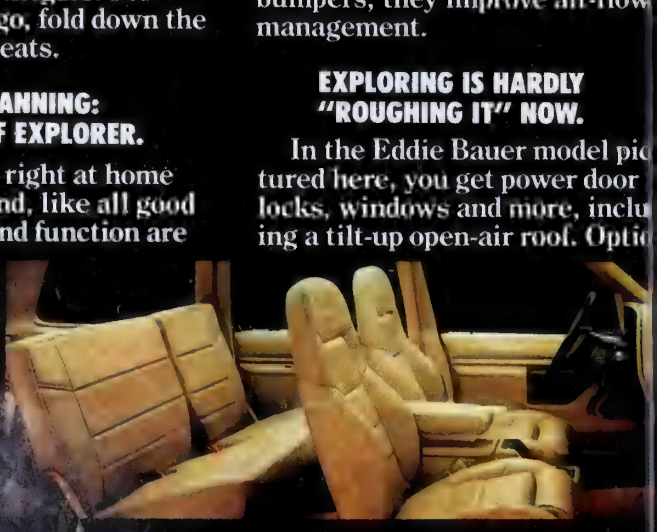
The cargo area is especially versatile. Open just the rear window or the entire liftgate. For long or bulky cargo, fold down the rear split-bench seats.

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Explorer looks right at home on city streets. And, like all good design, its form and function are well-integrated. The limousine-style doors are good for entrances and exits, *and*, like the windshield, hidden drip-rail system and bumpers, they improve air-flow management.

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OUGH DAY IN THE COUNTRY, N THE TOWN.



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EXPLORER

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She defeated the Sandinistas—something no man could do. But her country remains divided by a bloody civil war that lasted more than a decade. Can she heal its wounds? An exclusive talk with Nicaraguan president Violeta Chamorro

SWEET VICTORY

When the new president of Nicaragua attended a Venezuelan reception not long ago, she was shocked to see that the old president was wearing his usual combat fatigues. Pulling her rival aside, Violeta Chamorro proceeded to scold Sandinista leader Daniel Ortega like a mortified mother. How dare he turn up like that at the inauguration of Venezuela's president, she demanded. Why didn't he wear a coat and tie—like every other national leader?

It was a characteristic Chamorro performance, displaying both her fearlessness and her pride. That combination of steel and silk has helped this sixty-year-old widow of an assassinated hero do what no army could: defeat the left-wing Sandinistas after they had been in power for more than ten years.

Last February, Doña Violeta—as her countrymen call her, using a Latin term of respect afforded women of importance—won a surprise victory over Ortega. Her election as a political moderate mirrored the moves being made toward democracy in Eastern Europe. Now, as she begins her six-year term, she and her coalition of fourteen parties face two daunting tasks: strengthening Nicaragua's sagging economy and reuniting its people after the civil war between the Sandinistas and the U.S.-backed contras that has killed thirty thousand.

As she relaxes in her modest Spanish-colonial home in Managua, Mrs. Chamorro does not seem cowed by the challenge. "I accepted leadership," she says, "because I wanted to do the right thing for my country." She is strikingly regal, and her soft, deep voice has the lilting accent of the Nicaraguan rural aristocracy. "We won because the vote was secret and the people are tired, *(continued)*

By Anne Moncreiff Arrarte



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SWEET VICTORY

continued

because the people believe in change, they believe in democracy—and they believe in me."

That belief propelled her to a victory that shocked even the United States. "A good part of the Nicaraguan population today is made up of women raising their children alone," says Cristiana Chamorro de Lacayo, Mrs. Chamorro's youngest daughter. "These people identify with my mother."

Like many of the women who voted for her, Mrs. Chamorro is a widow whose husband died violently. The 1978 killing of Pedro Joaquin Chamorro, a newspaper editor and one of Nicaragua's most outspoken liberals, sparked a revolution and the overthrow of the country's right-wing dictator, Anastasio Somoza, a year later. Today, Mrs. Chamorro lives amid reminders of the tragedy: Photographs of her husband decorate her home, and on a terrace stands the bullet-riddled car in which he was assassinated.

After the revolution, Mrs. Chamorro became a member of the first Sandinista junta, only to resign after nine months in a conflict over the Sandinistas' Marxist politics. "That was a good political lesson," says a family friend, Pablo Antonio Cuadra. "The Sandinistas told her she would represent her husband through her participation, but she realized that she did not represent him at all."

Soon, in a sad reflection of her country's political fragmentation, Mrs. Chamorro's family was divided. Two of her four children remained active Sandinistas, while the other two just as vigorously opposed them. On one side are her elder daughter, Claudia, thirty-seven, who has served as a Sandinista ambassador, and her younger son, Carlos Fernando, thirty-four, editor of the Sandinista newspaper *Barricada*. On the other are her elder son, Quinto Pedro Joaquin, thirty-eight, who has been a leader of the contras, and her younger daughter, Cristiana, thirty-six, co-editor of the family's anti-Sandinista newspaper *La Prensa*, of which Mrs. Chamorro is publisher.

Despite their political differences, Mrs. Chamorro has worked hard to keep her children a family in more than name. Yet there have been painful moments: During the recent election campaign, Carlos Fernando was quoted as saying he doubted his mother's ability to govern.

"In one ear and out the other," Mrs. Chamorro says about her son's attacks. "All my children are adults. Each one of them has to choose own ideology."

"She does not have a vengeful sonality," says Emilio Alvarez, a c friend and political adviser. "Still, adds, smiling, "if Carlos Ferna writes something unflattering ab her, she'll call him and say, 'Stu How could you write such an abs article? Your brain has been destro by those Sandinistas!' "

Mrs. Chamorro smiles resign when asked about her blunt c ments. "I am very frank with my c dren because I am a mother," she s "Once I've said it, I can rest easy."

After Mrs. Chamorro's victory, and her children glossed over their ferences long enough to hold a fes family reunion. "We laughed, talked, we toasted my mother champagne," Cristiana says, ad laughingly, "we even talked politi

Yet it seems undeniable that som the attacks by her children have Mrs. Chamorro deeply. At the en the campaign, Claudia, considered most vehement of the four child accused her mother of being a tra to her father's memory. Mrs. morro smolders when asked if the a fight among family members who is most faithful to Pedro Joaq "I have my memories," she says p



REFRESH FOR LESS

r. "I cannot answer for anyone else. f he were alive today," she contin-, "who knows if he wouldn't have en to the presidency instead of me, I would be his wife, the first lady." or someone of Violeta Barrios Cha-ro's background, being first lady ns a far more natural ambition n being president. Her father was a lthy landowner, and Violeta spent e years at Catholic women's col-s in the United States; still, she er mastered the English her father ted her to speak. After her return Nicaragua at age nineteen, her her introduced her to her future band, a member of one of Nicara-'s most politically active families. couple married a year later, and leta was a loyal, though not outspo-, wife, raising the children and vis-g her husband during his frequent s in Somoza's jails. "I started to erstand real life when I married," says. "When you love your hus-d, you have to accompany him in n his joys and his sadnesses, so I an to learn about politics and dicta-." There is only a slight bitterness er smile.

ut although she has little political erience, Mrs. Chamorro clearly re-ts any implication that she is just a rehead. "Why did they invite me to govern in 1979 if I wasn't smart enough?" she demands passionately. She grows visibly annoyed over the inevitable comparisons made between her and Philippines president Corazon Aquino, another widow who assumed the political power for which her slain husband had seemed destined. "I respect Corazon Aquino," Mrs. Chamorro says icily. Her brown eyes flash. "But I am Violeta of Nicaragua."

Mere bravado, however, will not solve Nicaragua's problems. Since 1980, average living standards there have been cut by more than 60 percent, and in 1989 alone, inflation soared to 1,700 percent. Almost half a million Nicaraguans fled the country during the civil war, a loss of valuable manpower. And on her very first day in office, Mrs. Chamorro's decision to retain as head of the armed forces the former president's brother, Humberto Ortega, provoked unrest among her supporters.

Mrs. Chamorro seems at ease with her responsibilities, however. Though she does not have a vast knowledge of economics or military science, her combination of empathy, tolerance of differing beliefs and strong convictions may be just what Nicaragua needs.

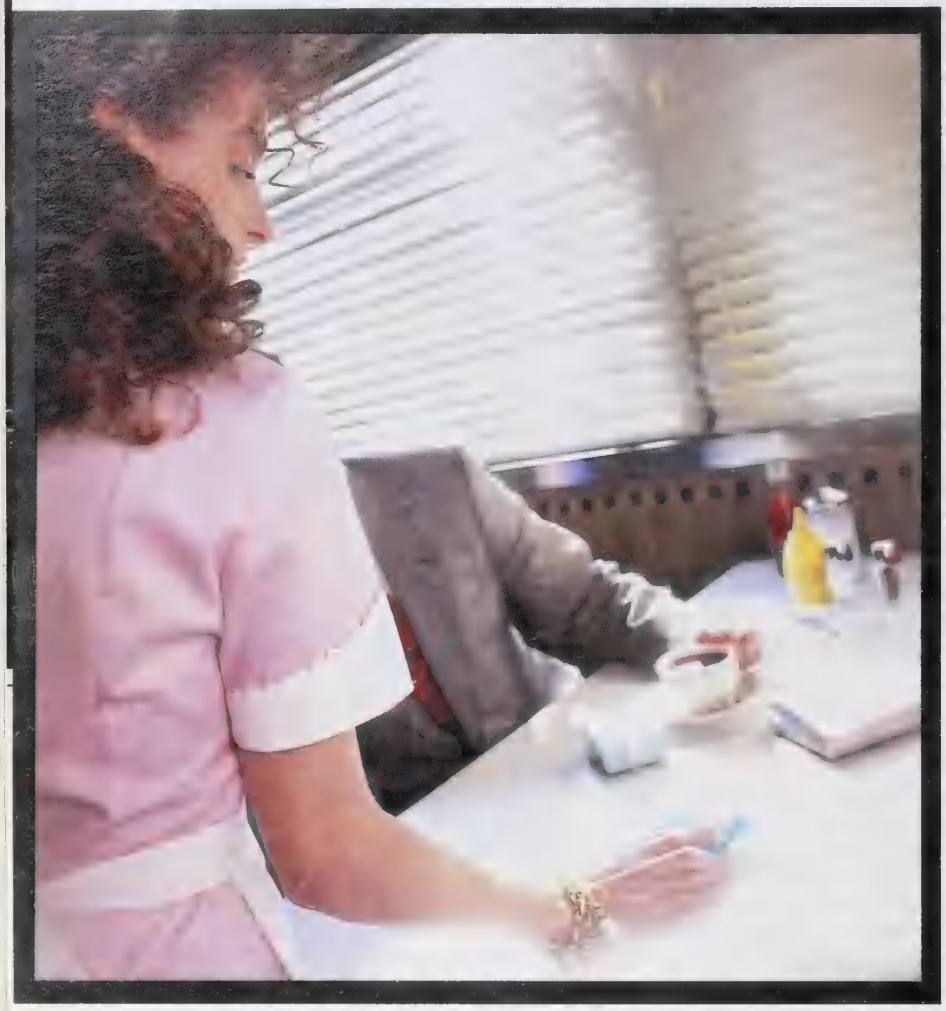
"What does my country require to rebuild it? What have the people really asked of me?" Mrs. Chamorro asks. "We want peace. We are tired of war." She pauses, her eyes blazing. "When I tell this to you, I get goosebumps. This war, with one Nicaraguan fighting against another, is only because the Sandinistas wanted to take this country on a totalitarian route, but, thank God, we won."

Although the odds are multiplied a thousandfold, the woman who has managed to keep her family together may yet reconcile her country. "My mother's most important qualities," says Cristiana, "are her common sense, her honesty and her capacity to love this country. With that, I think she will unify Nicaragua." She laughs. "I don't think my father could ever have imagined my mother as president of this country. He might have imagined himself, but not her." She thinks for a moment and then says with a frankness that is typical of the Chamorros, "If you look at my mother's life objectively, it seems incredible that she has become president. But if you see it in the context of the peoples' suffering, it is very clear why she is here." ■

Anne Moncreiff Arrarte is a Miami-based reporter for U.S. News & World Report.

fiction

AN INCONVENIENT WOMAN



Jules had everything: power, wealth and a beautiful wife. So why was he looking for love at the Viceroy Coffee Shop? Get the lowdown on high society from the new best-seller by the author of "People Like Us"

By Dominick Dunne

No man was more content with his marriage than Jules Mendelson. From the moment he first saw Pauline McAdoo Petsworth twenty-three years ago, at a dance at the Everglades Club in Palm Beach, he knew that it was she for whom he had been waiting. She epitomized everything to Jules that was proper and swell.

Jules was not thought to be a great catch in those days. He was a large, rumpled-looking man who gave no thought to his appearance. Moreover, word of his immense wealth and financial genius had not penetrated the world in which Pauline, as young as she was, was already a fixture.

Palm Beach people found him dull and difficult to seat. "Darling, do you mind terribly that I've put you next to Jules Mendelson?" hostesses would ask their best friends. It was in that way that Pauline was seated next to Jules one night and immediately saw the possibilities of him.

Once Mr. Forbes began publishing his annual list of the four hundred richest people in America and Jules Mendelson was listed so near the top, the very people who had *(continued)*

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INCONVENIENT WOMA

continued

found him dull in the beginning came the first to find him fascinat "Lucky me, Jules, sitting next to y the same ladies now said, but by t Pauline had been Mrs. Jules Men son for many years.

No one who knew him then ever s pected that he would allow himsel be done over, in much the same that Pauline had done over the old Stern mansion in Beverly Hills. instructed Willi, his barber, to r the part in his hair and shorten length of his sideburns. She took to the tailor in London who had m her father's suits for years, and m his decisions for him until he un stood the look of her kind of peo Everyone remarked on his gre improved appearance as well as ability to carry on a conversa at a dinner party.

Do you have a mistress, Jules?" line asked him one night a more than twenty years of r riage. She waited until their bu Dudley, had set up the drinks tray left the room before asking her surp ing question. Although she was no overly passionate woman, Pauline feeling worshiped but untouched. conversation took place in the su room, where the Mendelsons met twilight to have a glass of wine tog er before they dressed for dinner.

"What does that mean?" asked Ju astonished, turning away from the and-orange sunset to give her his attention.

"Surely you can think up a better swer than that, you, a man used to l dling hundreds of millions of doll Pauline, usually so serene, had bec slightly shrill.

"Why are you being like this, line?" he asked, with the attitude man who had nothing to hide.

"You answer me with more questi That might work in business, Jules, it doesn't work with me. I'm prob one of the few people you've ever who isn't afraid of you."

Jules smiled. "I know that, Pauli he said. "That's one of the many thi love about you."

. "You have a peculiar way of sho your love," she said.

"I can only answer you with a q tion again: What does that mean?"

"I am considered to be a beau woman. At least people tell me and magazines and newspapers w me up as a beautiful woman. something I work on. It is the reas swim forty laps in the pool every It is the *(continued on page*

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INCONVENIENT WOMAN

continued from page 50

reason I spend part of each day with Pooky for my hair and Blanchette for my nails. It is the reason I go to Paris for my clothes."

"I know all that," said Jules. "I do love you."

"I am talking about love in the love-making sense of the word *love*. I am more than a mannequin. I am more than a hostess."

Of course he understood. He worshiped his wife. He could not imagine life without her. His marriage was a contract as binding as any business contract he had ever signed. Forestalling further suspicion, he became attentive again to the obligations of his marriage, at least for a while, but a complication had set in.

Her name was Houlihan, Fleurette Houlihan, and she could not bear the sound of it. "You don't think I look Irish enough, without having a name like Fleurette Houlihan?" she often asked, shaking her red hair at the same time. When she thought she might become an actress and worked as a waitress at the Viceroy Coffee Shop on Sunset Strip, she renamed herself Rhonda March. The Viceroy was said to serve the best coffee in West Hollywood, and that was where she met Jules Mendelson, who was a coffee drinker, ten cups a day. He had walked into the Viceroy Coffee Shop on a day when the coffee machine in his office was not working.

Jules Mendelson was not the type of man who spoke to waitresses in coffee shops, but for a reason he did not understand, he said to the red-haired girl wearing the name tag with *Rhonda* on it, "I suppose they call you Red."

"No, they don't," she answered quite emphatically. "I don't like being called Red, as a matter of fact."

"What do they call you?" he asked with a tone of genuine interest.

"Do you mean what is my name?"

"Yes."

"Rhonda," she said, tapping a red fingernail against her nameplate.

When he looked up from his newspaper and watched her wipe off the table with a turquoise-colored sponge, he said, "You don't look like a Rhonda."

"I was thinking of changing it to Rondelle," she said.

"Oh, no, not Rondelle," he said. "Is Rhonda your real name?"

"No. You don't want to hear it."

"Yes, I do," he said.

"Fleurette Houlihan," she said, almost whispering. "It makes me cringe. Imagine that up on the screen."

He laughed. "I kind of like t Fleurette part," said Jules.

"You're nuts." She liked talki about herself, though.

"How about Flossie?"

"Sounds cheaper than Fleurette."

"Flo?"

"Hmmm." She gave it some thoug

"I once knew a Flo," said Jules. hadn't meant to get so deeply mired such a conversation. "She was a ve pretty girl, too."

So she became Flo.

Flo March was twenty-four yea old, perhaps not the smartest g in town but one of the nicest, a certainly one of the prettiest, if r hair, blue eyes and creamy skin we an appealing combination for her l holder.

Jules returned to the Viceroy eve day afterward, always carrying a nancial newspaper. He always sat the same table and left a ten-dollar t even though he only had coffee.

"I don't want you to think that tl is what I intend to do for the rest of r life," said Flo a few days later, pouri Jules a second cup of coffee. "*This* only a means to an end."

"And the end, of course, is stardor said Jules.

"I'd settle for less than stardon said Flo, quite seriously.

"What would you settle for?"

"I'd like to be the second lead in TV series, best friend of the star, that the whole show wouldn't rest my shoulders, and if it got cancel after thirteen weeks, I wouldn't blamed and would just go on to ano er series."

Jules laughed.

Flo blushed. "What are you laugh at? I'm serious," she said defensivel

"It is a laugh of enchantment, r derision," he said.

"A laugh of enchantment, not de sion," she repeated slowly, as if s were memorizing it. "Hey, that's rea nice," she said.

Like a moth drawn to a flame, Ju continued to visit the Viceroy C fee Shop frequently. One morni Flo kept him waiting while she jok with a young man at the counter. surprised Jules how much anger a jealousy he felt. When, finally, Flo proached his table, he was cool a distant with her.

"Cat got your tongue?" she ask She frequently used expressions th he could not bear.

"Who's that guy you're talking to the counter?" he asked after she h brought him his coffee. "You're qu friendly with him." *(continu*

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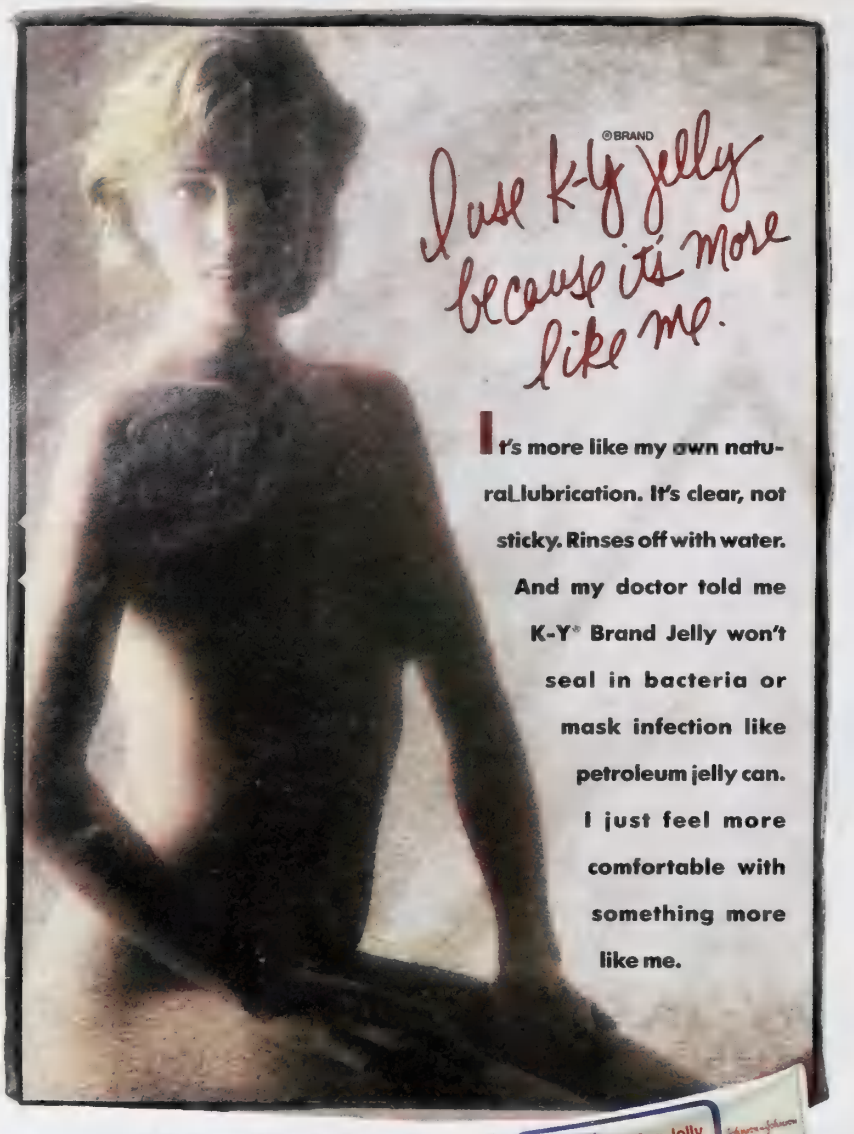
City: _____

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Allow 8 to 12 weeks for shipment.
*Plus the following sales tax per plate—CA $1.87, CT $2.40, NY $1.20 plus any local tax, TN $2.32
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INCONVENIENT WOMAN
continued

"Hey, you're not jealous of Lonny, are you?"

"Jealous. Of course not. I just wanted to know who he is."

"Let me fill you in on Lonny. He is *not*, repeat *not*, interested in pretty young girls like me, believe me. Lonny is interested in rich old guys like you."

Jules reddened. He did not like to be described as an old guy. He was then fifty-three, and he did not think of himself as old. He had started to lose weight. He had started to eat only proper things—grilled sole and spinach—and declined bread and dessert.

Flo realized she had insulted him. "I didn't mean *old*. I meant *older*."

Jules shook his head.

"The manager thinks you've got a crush on me," said Flo, changing the subject. "He says you'll only sit at my table when you come here and that you leave the biggest tips of anyone who comes into the place."

Jules did not answer. He lifted the *Financial Times* higher, as if he had discovered something in the news that was urgent for him to read, in order to hide the reddening of his face. That day he asked Flo March to go for a drive in his blue Bentley.

Her dress was cheap and a bit showy. Jules was used to seeing her in her pink waitress uniform, which had a simple style to it, and he was at first disappointed in her appearance away from her job.

"You know what I like about you, Jules?" she asked.

"What?"

"You were awkward and clum about asking me out, like you were used to picking up girls like me. I w touched by that."

"I thought it was my blue Bent that got to you."

"That, too," she said, and they b laughed. He noticed that she seemed enjoy her own humor.

"You don't laugh enough, Jules. I anyone ever tell you that?"

"I guess that's so."

"Know what else I like about you

"What?"

"You didn't come on to me the m ute we were alone in your car."

"That doesn't mean I didn't want

"I understand that, but still, you a ed like a gentleman. I don't even kn your last name," Flo said to him, g ting out of the Bentley in the park lot behind the Viceroy.

"What difference does that make

"No, c'mon, tell me."

"Mendelson," he said quietly.

Her mouth fell open. "Like in Jules Mendelson Family Patient W at Cedars-Sinai Hospital?"

Jules nodded.

"That's you?"

Jules nodded.

Her high spirits had vanished. S became quiet.

"G'night," she said. She stepped of the car and slammed the door hind her. She started walking tow her own car and then turned back. S opened the door of his car again a put her head inside.

"Does that mean you're married Pauline Mendelson?" she asked.

He nodded his head in an alm imperceptible manner.

"No wonder you didn't want any to know your name," said Flo. "Y better get home. Your wife's proba having a party and wondering wh you are." She slammed the door ag and got into her own car.

The next day Flo was distant. A Jules was seated in his regu booth, she asked the other w ress, Belle, to take her tables. Ju furious, read his *Wall Street Jour* He stayed for only two cups of cof rose, and left Belle the same ten-do tip that he always left Flo.

The following day he brought a with him, a small blue box from Ti ny's tied with a white ribbon.

"For you," he said, sliding it tow Flo on the Formica table.

"Really?" There was a childlike l of joy on her face.

"Open it."

She untied the white ribbon care ly, as if she were going to save it. S smiled. Then she slowly opened small blue box. Inside was tis

per, which she tore aside. Beneath was a layer of white ton. Under the cotton was Jules's gift. She picked it up. sappointment registered on her face.

'Oh, a little silver key chain from the economy counter at fany's—what was this, a leftover from your office Christ- s gifts? Save it for your receptionist's birthday. Hey, lle, will you take my station? I'm gonna take my break."

Jules sat there, grim-faced. It was a cheap gift consider- his intention, and she had called him on it. She had also led it right; the key chain was a leftover from the office ristmas gifts.

That night, as was dressing dinner, he tele- oned her apart- nt to apologize. was the first ie he had ever lled her—the st time he had er called anoth- woman. Her e was busy. He owered and en telephoned r again, and her e was still busy. put on his ack patent- ther shoes. Still sy. He put on s dinner jacket. sy.

'Jules," called uline. "We're ng to be late."

'Coming," he lled back. One st time, Jules ought. He dialed ain. Her tele- one rang.

'Hello?"

'Your line was sy," he said. ere was a tone annoyance in s voice.

"You're speak- g to me in an noyed voice, as I have no right talk on the tele- one."

'I'm sorry. Call e phone compa- tomorrow and ve another line t in. I'll take re of it."

"You're some big gift-giver," she said.

There was a knock on the door of his dressing room, and en the door opened and Pauline walked in. "Jules! Please! e're going to be late!"

"I'll be right there, Pauline. I'm just finishing this call."

"My God, is that Pauline?" asked Flo, enchanted. "I can't lieve it. Pauline Mendelson."

"Jesus," said Jules, panicked. "Look, I have to go."

"Bye," she said. Her indifference exasperated him.

The next day, Jules contacted a furrier in the San Fernando Valley who was not likely to be frequented by any of the people Pauline knew. He sent Flo a silver-fox coat.

When Pauline went to China with her sister and brother-in-law, Jules took Flo to Paris, where he had business. They sat in different sections of the Concorde. They stayed at different hotels.

Each night they dined in her suite. It was there that Jules finally made love to Flo for the first time. He discovered that his sexual appetite was limitless. In the beautiful young woman who was once named Fleurette Houlihan, Jules Mendelson had found his perfect sexual partner.

If she was unhappy with the limited scope of her Parisian adventure, she did not let on. At that time in her life, just to have been in Paris at all was enough, even hidden from view. To be able to say, "When I was in Paris" when she was in conversation with friends from the Viceroy thrilled her.

For all his passion for Flo, Jules never once entertained the idea of a divorce from Pauline. Each was necessary to him, and it did not occur to him that he could not have both. He shut Flo out of everything except his sex life and allowed her to have no life of her own that did not revolve around him.

The beautiful and elegant Pauline would have liked a more romantic relationship with her husband instead of being kept on a pedestal by him, and the sexy and erotic Flo would have liked to receive guests and sit at the head of dinner tables full of famous and rich people.

If the two women in Jules's life had ever met and compared notes, each would have found that the other woman had that part of Jules that she most wanted. ■

Dominick Dunne is the author of many articles and books, including "The Two Mrs. Grenvilles." He lives in New York.



MEDINEWS

This month, Medinews brings you the latest information about breast-cancer prevention, treatment and cure. For our special report on breast cancer and nutrition, turn the page. By Joan Lippert

BREAST-SAVING SURGERY

A cancer of the milk ducts—*ductal carcinoma in situ* (DCIS)—is almost 100 percent curable with mastectomy, but researchers say they've now established that lumpectomies plus radiation can be an effective treatment for DCIS and save the breast at the same time. Nour Sneige, M.D., and Marsha D. McNeese, M.D., of the University of Texas M.D. Anderson Cancer Center, in Houston, studied twenty-eight DCIS patients who had received lumpectomy-and-radiation treatment instead of a mastectomy. The researchers found that after an average of eight years, cancer had recurred in only two of the women—and those two were then able to proceed with mastectomies. To ensure that the combined treatment has been effective, Sneige and McNeese recommend postoperative mammography.

ANTI–BREAST-CANCER OPTIONS

Doctors may eventually be able to reduce the risk of breast cancer with a simple vaccine, according to researchers at the University of Texas Health Science Center in San Antonio. Peter M. Ravdin, M.D., of the center's division of medical oncology, injected into cancer-prone lab animals a formula containing luteinizing hormone-releasing hormone (LHRH), a substance produced by the body that helps control levels of estrogen and testosterone—hormones that have been linked to the development of some tumors. He discovered that the animals became immunized against their own LHRH, thereby depriving tumors of hormones they would need to grow. These animals developed breast cancer less frequently than a control group; tests of the vaccine's safety in humans may begin within a year.

In another project at the university, researchers discovered that a particular enzyme may help physicians determine which breast-cancer patients need follow-up treatment after surgery. Those most affected by the finding are "node negative" women, who discover the cancer before it has spread to the lymph nodes. Nearly one out of every three such women has a recurrence of the disease, but since doctors haven't been able to conclusively identify these high-risk patients in advance, many node-negative women face the choice of undergoing possibly unnecessary chemotherapy or risking a recurrence of the disease. Now, however, scientists have found that node-negative women with elevated levels of the enzyme cathepsin D in their tumors have the highest recurrence rate—about 50 percent. By analyzing tumor cells for excess amounts of this enzyme, doctors may be able to limit follow-up treatment to women who need it most.

Joan Lippert is a New York–based health writer.

BETTER IMPLANTS

For women who opt for breast reconstruction following mastectomy, polyurethane-covered breast implants may be a better choice than implants covered with silicone. The finding is based on a new study of one hundred thirty-one women from the Breast Center, a comprehensive treatment facility in Van Nuys, California. In a two-year period following reconstruction, researchers found, nearly 40 percent of patients with silicone-covered implants developed a condition called capsular contracture, in which scar tissue tightens around the implant, making it feel hard. But only 8 percent of women with polyurethane-covered implants reported this problem. Why? Researchers say the textured surface of the polyurethane helps prevent scar tissue from contracting. Despite these benefits, some experts caution that the safety of polyurethane-or silicone-covered implants has not yet been thoroughly evaluated, so any woman considering reconstruction should discuss all the options with her doctor.

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Breast cancer and nutrition
THE HIDDEN LINK

Researchers now have strong evidence that you can reduce your chances of getting this disease by eating the right foods—and avoiding the wrong ones

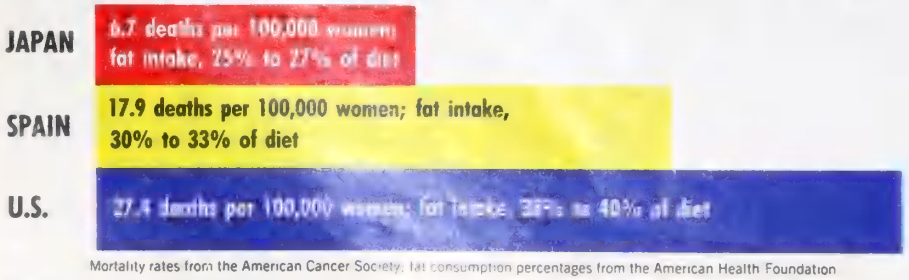
By Andy Dappen

Summertime's tempting dishes can shanghai the most dedicated dieter. You probably know you should opt for grilled fish instead of hot dogs, and fresh vegetables instead of french fries, to control your weight and help your heart. But now there's another compelling reason to be strong at the picnic table and wherever else you eat; you might lower your risk of breast cancer.

Few women think about diet as a cause of breast cancer—other factors such as family history, timing of first pregnancy, and age at puberty and menopause come to mind instead. But these so-called classic risk factors fail to explain why American women develop the disease at one of the highest rates in the world—a rate that has risen about 20 percent in the last twenty years. Today, among American women, breast cancer ranks as the second leading cancer killer, after lung cancer; this year 150,000 women will develop the disease, and 44,000 will die of it. Surprisingly, 75 percent of these cases cannot be attributed to any of the classic risk factors, according to the American Cancer Society. But if those factors aren't operating,*(continued)*

A WORLD OF DIFFERENCE

As these statistics show, breast-cancer death rates vary widely from country to country; in general, the higher the percentage of fat in the diet, the higher the death rate.



Mortality rates from the American Cancer Society; fat consumption percentages from the American Health Foundation

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PUT THESE WOMEN ON A TYPICAL AMERICAN DIET AND THEIR RISK OF BREAST CANCER MAY INCREASE 500%.



The two most important risk factors for breast cancer are being a woman and getting older. While there's not much you can do to change these factors, there is something you *can* change to try to reduce your breast cancer risk—your diet.

Studies show that women in the Orient—whose diets are low in fat—have much lower rates of breast cancer than American women—whose diets are typically high in fat. With one in ten American women expected to develop breast cancer, the fact that dietary changes may reduce risk should be encouraging news.



EARLY DETECTION IS ANOTHER IMPORTANT FACTOR A WOMAN SHOULD USE TO FIGHT BREAST CANCER.

The National Cancer Institute, along with 11 other leading medical organizations, advocates these guidelines: Get screening mammograms. Between ages 40 and 50, women should have a mammogram every one to two years and an annual breast exam by her doctor. At age 50, both the mammogram and breast exam should be done once a year. These recommendations apply to women without signs or symptoms of breast cancer. Also do monthly self-exams and report any changes or lumps to your doctor. If every woman in the United States just followed the recommended guidelines for mammography, 13,000 women could be saved every year.

HOW DO YOU IMPROVE THE TYPICAL AMERICAN DIET TO LOWER YOUR RISK? Reduce fat and increase complex carbohydrates and fiber containing foods in your diet.

- Eat more vegetables, fruits, and whole grain breads and cereals.
- Eat a moderate amount of a variety of foods to achieve and maintain a desirable weight.
- Choose lean meats, skinless chicken, fish, and low-fat dairy foods more often.

BREAKFAST IS A GREAT PLACE TO START. There's no better place to start on a lowfat diet than at breakfast. Choose one of many delicious Kellogg's cereals. Pour on some skim milk, top it with fresh sliced fruit, have a piece of whole grain toast on the side and you've got all you need for a little or no fat breakfast. After all, diet may make a difference in your cancer risk. So do the smart thing, make sure yours is the right one.

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GET A TASTE FOR THE HEALTHY LIFE.™

BREAST CANCER

continued from page 60

what is? A growing number of experts believe it may be diet. New research indicates that eating properly may help prevent breast cancer—and make it more treatable if it strikes. Says Sherwood Gorbach, M.D., a professor of community health at Tufts University School of Medicine, in Boston, "All other risk factors added together appear to have nowhere near the importance of lifestyle factors, such as diet."

What does this mean for you? All the evidence isn't in yet, but many experts already agree that you should decrease your dietary fat, to at most 25 percent of total calories consumed. (Preliminary evidence also suggests that reducing calories in general may prolong life and help prevent breast cancer.) You may also want to raise your intake of some items that doctors think could be cancer fighters: foods containing fiber and vitamin A, and fish oils and olive oil instead of other fats. Researchers are still debating the effects of alcohol.

Most of the support for the new recommendations comes from years of epidemiological evidence. Researchers have known for decades that the incidence of breast cancer varies widely from country to country. For example, Poland's rates are slightly less than half those in this country, and Thailand's are roughly one sixth of ours. Even in Japan, where environmental factors like pollution are similar to those in the United States, the rates are one sixth as high. At one time, however, heredity was thought to explain these differences, even though some tests had established that high-fat diets contributed to mammary cancer in laboratory animals.

Then came a landmark 1973 study by a division of the National Cancer Institute (NCI) showing that second-generation Japanese women living in California had rates of the disease similar to those of Caucasian Americans. Experts began to speak of a "high-fat Western diet" as the cause of the differences. Later studies have supported the results. A British study published in 1979 showed that Polish immigrants to England, who had significantly lower breast-cancer-mortality rates when they arrived, had mortality rates nearly identical to those of natives twenty-five years later. And a 1988 study of Italian women living in Australia showed that the immigrants' risk of developing the illness equaled the risk of native Australians in just seventeen years.

Why fat?

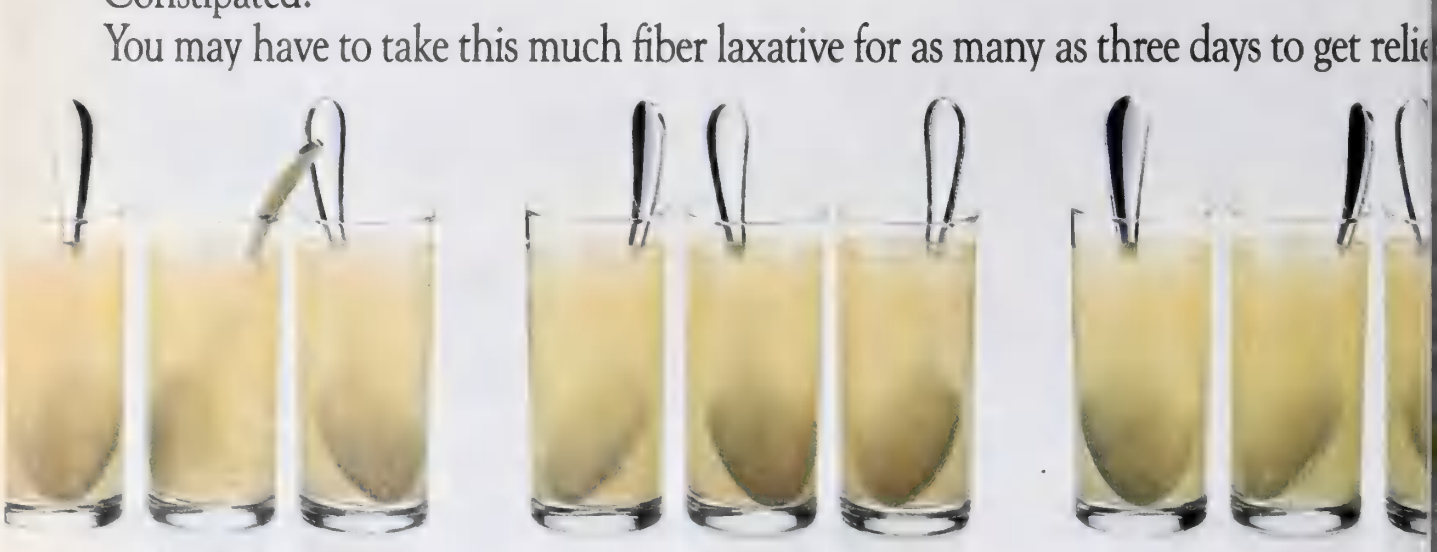
Experts now believe that cancer ce probably form during adolescen when breast tissue grows quickly a is highly vulnerable to the effects any carcinogen. The cells may lie d mant until something triggers the An important theory is that the h mone estrogen is one of the culprit and researchers have found that etary fat increases estrogen.

The cancer-fat connection is furth bolstered by studies of women who being treated for breast cancer. In recent study at the prestigious Ka linska Hospital, in Stockholm, searchers found a link between fat a survival rates. Women who followe low-fat/high-fiber diet and develop breast cancer were, for reasons s unknown, likelier to have a m treatable type of tumor known as trogen-dependent. Doctors have h success in treating these tumo which need estrogen to grow, with t anti-estrogen drug tamoxifen.

New diet guidelines

Just how much fat should you cut o A moderate reduction is not enough appears that breast-cancer rates roughly the same among women w high fat levels but plummet as fat take falls below 30 (continu

Constipated?
You may have to take this much fiber laxative for as many as three days to get relie



Monday Tuesday Wednesday

IMMING THE FAT A guide to making wise food choices, from the American Health Foundation

THE A-TEAM Choose most often from this group	THE B-TEAM Eat these occasionally	THE THIRD STRING Enjoy as splurges, if at all
IRY PRODUCTS n milk (fluid, powdered, evaporated). Low-fat) milk, buttermilk (skim), nonfat yogurt or age cheese, Low-fat (1%) cottage cheese, n farmer cheese, Parmesan cheese	Part-skim (2%) milk and milk products: yogurt, cottage cheese, frozen yogurt, farmer cheese, ricotta cheese; sherbet, ice milk	Whole milk and whole-milk products: yogurt, cottage cheese, ricotta cheese. Cream, sour cream, cream cheese, hard cheeses, ice cream
'S e	None	Butter, margarine, oils, lard, shortening, mayonnaise, nondairy creamers
ATS AND PROTEIN ltry (turkey, chicken) without skin, beans, ils, peas, egg whites	Lean beef, pork, veal, lamb, tofu	Regular ground beef, hot dogs, sausage, bacon, luncheon meats, fried meat, fried fish, duck, peanut butter, nuts, egg yolks
UITS AND VEGETABLES fresh, frozen and canned fruits and etables without added fat	None	Coconut, french fries, tempura vegetables, avocados, olives
REALS AND STARCHES ads, plain rolls, bagels, flatbread crackers, nam crackers, cereals, pasta, rice, potatoes, popped popcorn, pretzels	Muffins, low-fat crackers (up to .4 grams fat per cracker),* low-fat cookies	Commercial and "mix" baked goods (doughnuts, croissants, pastries, pies, cakes, cookies); fried potatoes, fried rice, potato chips, corn chips, granola, high-fat crackers (.5 grams per fat per cracker or more)*
EETS AND SWEETENERS ey, molasses, maple syrup, jams, hard dy	None	Chocolate, caramel, toffee, nougat, fudge

uld be listed on label

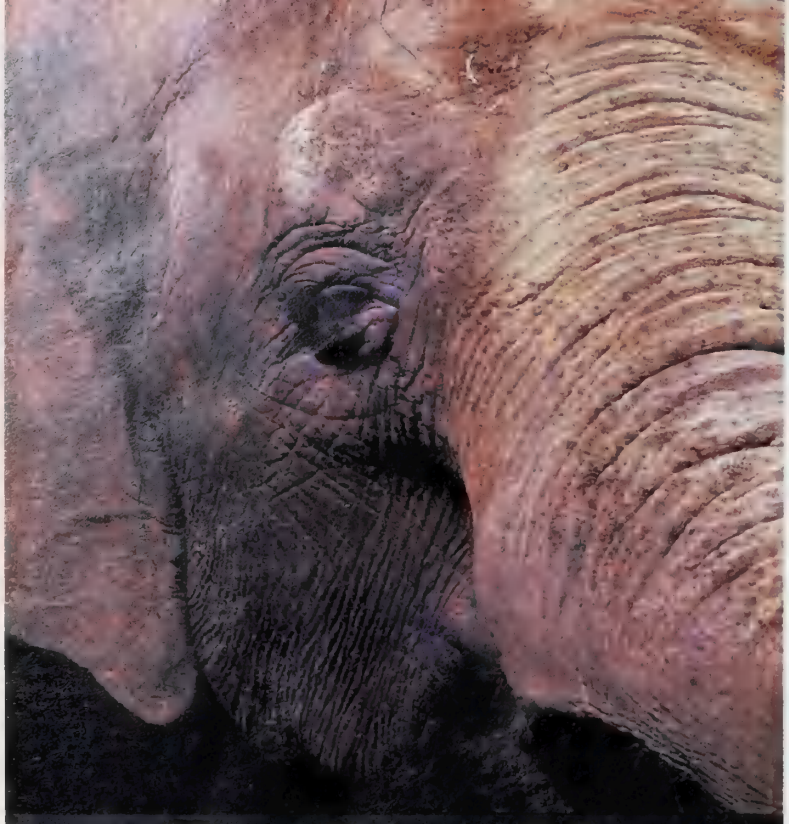


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breast-exam center in New York City.

The connection between alcohol and breast cance less clear-cut. Results of some recent studies have ported a relationship; others contradict them. The believes the inconclusive results call for caution, espe ly since alcohol is associated with so many other p lems; if you drink, they advise moderation until fur studies are completed.

The anti-breast-cancer diet

What about the foods we should eat more often? Rese in this area is so new that the results are by no m definitive, but many fascinating findings are emergi

Fish oil and monounsaturated fats A 1989 Canadian stud nutrition and breast-cancer rates in thirty-two coun theorizes that fish oil—a polyunsaturated fat from such as salmon and tuna, which have high levels—lo the odds of developing the illness. How? The oil cont omega-3 fatty acids, which may boost the immune tem's ability to respond to developing tumors.

Doctors think that olive oil, a monounsaturated may act in a similar fashion. Greek and Spanish wo consume diets high in fat compared with women in c tries like Japan, but their breast-cancer rates are thirds those of Americans. Reliance on olive oi their cuisine may explain the difference. (When you fish oils and olive oils, however, remember to inc them in your total daily fat count.)

Fiber Insoluble fiber, thought to inhibit cancer of the in tines and colon, may also reduce the odds of breast cer, possibly by lowering the amount of estrogen in body. Normally, estrogen moving through the intest is reabsorbed and recycled. Studies by Tufts Unive researchers show that fiber from grains is especially

■ BREAST CANCER
continued

percent. A study of Italian women published last summer showed that women needed to reduce fat intake to 28 percent of their calories or below before experiencing a significant reduction in the disease. Ernst Wynder, M.D., president of the American Health Foundation, in New York City, believes that women should reduce fat intake to at most 25 percent of total calories, lower even than the American Heart Association guidelines, which call for keeping fat intake at 30 percent or below.

Experts acknowledge that sticking to this level of fat consumption isn't easy, because many foods contain hidden fats. Take the following typical menu of 2,000 calories: breakfast—a bagel and cream cheese, orange juice, coffee with half-and-half; lunch—chef's salad, Thousand Island dressing, roll and butter, cola, apple pie; dinner—meat loaf, mashed potatoes with gravy, creamed spinach, a roll and three-bean salad. A whopping 40 percent of its calories come from fat. But you can make changes gradually, and you'll probably be seeing more low-fat products from food manufacturers soon. Our chart on page 65 and the tips on page 68 can help, too.

Caffeine and alcohol

Does caffeine contribute to the risk of breast cancer? No, says Gorbach, who hears this question frequently. Caffeine's role in some forms of benign breast disease is perhaps what confuses women. Caffeine intake can worsen the symptoms of fibrocystic disease—a usually benign condition in which breast tissue thickens and forms nodes and cysts—according to Leslie Strong, M.D., a surgeon and the director of the Breast Health Program of New York, a





ver find dry skin
relief that lasts?

t at flushing estrogen away, possibly by binding with hormone. So eat more whole-grain breads and cereals.

s, vegetables and grains Scientists think the foods in this up hold great promise as cancer fighters. Some impor- t areas of research:

itamin A is one substance found in plants that may p fight all types of cancer. Doctors aren't sure why, but theory, according to Leonard Cohen, Ph.D., a cellular ogist at the Naylor Dana Institute, in Valhalla, New k, centers on cell-to-cell communication, which keeps or cells from growing out of control. In laboratory eriments, vitamin A improves cell-to-cell communica- in tumor cells, but the changes are not permanent the vitamin must be administered frequently.

ou should not begin taking supplements of vitamin A the basis of this evidence, however—the vitamin is c to the liver in large doses. Gorbach instead recom- ds generous daily helpings of the fruits and vegeta- s that are high in vitamin A, such as carrots, spinach broccoli. (For more information, see page 68.)

o-called carotenoids, such as beta carotene, are found the same foods; they combine with other chem- s to form vitamin A and are currently under ly at NCI as potential cancer fighters. Scientists think y may protect cells from damage by inhibiting the on of free radicals, molecules that may produce can- causing mutations.

olin Campbell, Ph.D., a professor of nutritional bio- mistry at Cornell University, in Ithaca, New York, tions that no specific food or substance has been prov- to prevent breast cancer. Campbell believes plants tain scores of cancer inhibitors that are yet to be covered. "All we really know is that cultures living nly on foods of plant origin have much less cancer

than those relying on foods of animal origin," he says.

Is it too late to start?

Some researchers predict that if women heeded these guidelines from birth, they would experience the low breast-cancer rates of Japanese women. But what about women who grew up on a high-fat Western diet? Can starting a prudent diet now reverse the ills caused by decades of improper eating?

Perhaps, although doctors caution that such theories are unproven. "If diet can increase a woman's risk in a relatively short time, as it does for immigrant women, it's reasonable to believe they can reverse the process," says Maureen Henderson, M.D., of the Fred Hutchinson Cancer Research Center, in Seattle, who is trying to coordinate long-term studies of women on reduced-fat diets.

Meanwhile, many researchers say it is worth modifying your diet. Cohen points out that the link between fat and cancer is extremely well established. Says Wynder, "These measures cannot harm you, and they may even help in other ways. We believe this same low-fat, high-fiber diet also lowers the risk of several other major types of cancer and coronary heart disease. And the guidelines will help you lose weight. That's not such a bad side effect."

Gorbach emphasizes that the diet guidelines give women a sense of control over breast cancer. "You have no control over the risk factors like family history," he says, "but it's very comforting to think that each woman can control what is probably the biggest risk—her diet." ■

Andy Dappen is a writer based in Brier, Washington.

For our diet tips, turn the page.

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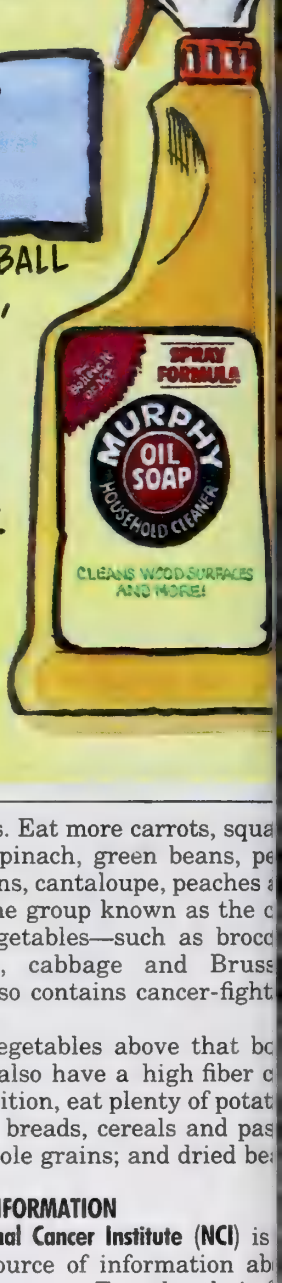
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continued

THE PRUDENT DIET

Eat smarter with these suggestions from the American Health Foundation and the National Alliance of Breast Cancer Organizations.

Reducing fat Cut fat to 25 percent of total calories, and lower if possible. That means eating *six* times as much carbohydrate as fat, since fat has many more calories per ounce than carbohydrates do. To accomplish this in real terms: First, eliminate or lower the obvious sources of fat, such as butter on a baked potato and cream in your coffee, and avoid the foods that contain a lot of hidden fat, such as pastries, cakes and fried foods. At the same time, boost carbohydrate intake to achieve the correct ratio—and meet your energy needs. More tips:

■ In a 2,000-calorie-a-day diet, you should eat a total of no more than 55.5 grams of fat (about 2 ounces). Check labels for fat content, which many manufacturers list. (It will usually be listed in grams.) If it is not given, make sure oil shortening, or other fat is not one of the first three ingredients listed. *LHJ* recipes also list fat content in grams, which can help you plan your daily menus.

■ Eat fewer red-meat entrées—two meals a week at most—and choose leaner cuts. Trim all visible fat. Substitute fish, turkey, chicken, seafood and bean dishes for red meat.

■ Skin chicken, turkey and fish; choose white-meat chicken or turkey.

■ Switch from whole to skim milk or low-fat (1%) milk; try nonfat or low-fat plain yogurt instead of sour cream.

■ Avoid fried foods, baked pastries, chocolate and high-fat dairy products.

■ Use low-fat cooking methods: baking, microwaving, broiling, grilling, boiling. Be careful in restaurants, too—order dishes prepared with these methods.

■ To make up for the flavor that fat provides, season vegetables and salads with lemon juice, spices or small amounts of Parmesan cheese; make sandwiches with tomatoes and mustard rather than mayonnaise; flavor meat with savory marinades.

Fish oil The following are good sources: herring, cod, sardines, salmon, tuna, bluefish. Be sure to grill, broil or microwave, without oil. Frying adds too much fat. Water-packed canned tuna and salmon are good sources of fish oil, but don't spoil the effect by loading on mayonnaise.

Vitamin A and carotenoids The green, yellow and orange vegetables and certain yellow, red and orange fruits are excellent sources. Eat more carrots, squa tomatoes, spinach, green beans, pe turnip greens, cantaloupe, peaches apricots. The group known as the c ciferous vegetables—such as broc cauliflower, cabbage and Bruss sprouts—also contains cancer-fight substances.

Fiber The vegetables above that bo vitamin A also have a high fiber c tent. In addition, eat plenty of potat with skins; breads, cereals and pas made of whole grains; and dried be and peas.

FOR MORE INFORMATION

■ **The National Cancer Institute (NCI)** is excellent source of information ab all types of cancer. To order their f booklet "Diet, Nutrition and Can Prevention," or to ask about other s jects, call 800-4-CANCER.

■ For information about the **Nati Alliance of Breast Cancer Organizati (NABCO)** and a copy of *NABCO Ne* which covers the latest developme in breast-cancer detection and tre ment, write NABCO, 1180 Avenue the Americas, 2nd floor, New Yo NY 10036.

■ To order the food plan of the **Ameri Health Foundation**, send $5 to Ameri Health Foundation Food Plan, East 43rd Street, New York, 10017.



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FAMILY PORTRAIT

As Rose Kennedy's hundredth birthday nears, her grandniece remembers this extraordinary woman's wit and warmth in an *LHJ* exclusive. By Kerry McCarthy





HAPPY 100th BIRTHDAY, AUNT ROSE





Editor's note: Rose Elizabeth Fitzgerald Kennedy, the matriarch of America's premier political clan, is widely acknowledged as the linchpin of her family. In her century-spanning lifetime, she has been the proud daughter of a mayor, the wife of a millionaire ambassador and the mother of a U.S. president; she has also been the sorrowing woman who saw two sons gunned down in the prime of their political careers and two other children die before their time. Though Rose Kennedy is now in poor health, her spirit is still as indomitable—and touching—as ever.

On July 22, my great-aunt, Rose Fitzgerald Kennedy, will celebrate her hundredth birthday at her Cape Cod home, surrounded by the family she loves more than anything on this earth. Hers has been a remarkable life, one that even she says has surpassed her wildest dreams. And although the joys have gone hand in hand with unbearable tragedies, her deep faith in God has never wavered. If, as she believes, God never gives us more than we can bear, then He must think of her strength and endurance as pure granite. *(continued)*

Rose Kennedy through the years (clockwise from top): as a young woman; on her ninetieth birthday in 1980; with her husband and children in 1948; and with youngest son, Ted

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FAMILY PORTRAIT





(continued) Yet Aunt Rose never dwells on the sad aspects of her life; that would only disturb her. As she once explained to me, "Don't be sad too long, dear. Death is a part of life, and as that's the case, we must accept it, just as we have accepted the gift of life." Is it any wonder that I love her so?

My family lived on Cape Cod during my college years, so I was lucky enough to be able to visit and talk with my great-aunt at leisure. (My mother, Mary Lou McCarthy, is Aunt Rose's niece, the daughter of Joe Kennedy's sister Loretta.) There wasn't a day with her that I didn't learn something, and she often told me that she learned from me as well. I always worried about the admiring tourists who would crowd around her, but I shouldn't have. As the consummate politician of our family, Aunt Rose reveled in the attention.

I never tired of hearing her talk about her life. The firstborn daughter of John Francis "Honey Fitz" Fitzgerald and Mary Josephine Hannon Fitzgerald was pronounced "the most beautiful baby ever born" by her doting father—although Aunt Rose later admitted that he "always was given to exaggeration."

Not many people outside the family know about her quick wit. When I reminded her that Grandpa Fitzgerald was proud of the fact that she'd been born at home in Boston's North End, down the street from where Paul Revere lived, she said jokingly, "Yes, Kerry, but for goodness' sake, if you ever tell anyone that, please stress that Mr. Revere had been dead for well over half a century!"

People often speak of Aunt Rose's regal bearing, as well they should; she worked hard to develop that persona. Her studies at a convent finishing school in Holland in 1908 molded the girl into a dignified woman; more significantly, they helped her develop the deep faith that would later sustain her through her terrible losses. As she remembers, "I began to feel that I was but a mere speck on God's earth."

Aunt Rose had known her future husband, Joe, since childhood; they fell in love when they were teenagers. By the time he graduated from Harvard in 1912, she had become a well-traveled, thoughtful beauty. They married in 1914.

Aunt Rose once told me she knew that her husband—who eventually became the youngest American bank president—would do well, but she never dreamed just how great his success would be. As his millions accumulated, she remembers, "I finally said, 'Joe, this is enough. You can stop anytime.' He laughed and said, 'But Rose, I can't seem to stop. Better get used to it, darling.' "

Aunt Rose once asked my mother to swim with her in the ocean and watch for sharks. My mother was terrified, but my aunt said, "Look at it this way. You'll be the one who hears my last words if I'm eaten!"



Uncle Joe's riches weren't the only thing growing—his family was also rapidly expanding. "It seemed for a while that I rarely knew a time I wasn't pregnant!" Aunt Rose said. "Joe had a habit of presenting me with a spectacular piece of jewelry to commemorate each child's birth. Some of my friends playfully suggested that was the reason I had nine children."

The Kennedy clan was raised with a firm but loving hand. Uncle Joe provided the wealth and the rules; Aunt Rose oversaw the rigorous day-to-day training. The children flourished under this benevolent despotism and formed lasting bonds. As Aunt Rose put it, "The children were never uninterested in other friends. It's just that they were never quite as happy with others as they were with one another." *(continued)*

From top: Rose Kennedy's 1914 wedding photo; with Jack at a state dinner for Ethiopian emperor Haile Selassie; giving a speech in her son's honor

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FAMILY PORTRAIT
continued

Although she loved all her child Aunt Rose was especially fond of first four—Joseph, Jr., John, R mary and Kathleen. "I spent n time with them," she would say knew their every thought, and personality fascinated me. I wante be a perfect parent, but I soon real the word *perfect* and the word *pa* don't go hand in hand. But I ha great deal of help. I had Joe, maids and family members and te ers and nannies. To be truthful, it always much more exhausting b Joe Kennedy's wife!"

Many times, her maternal brought great suffering. Rosem who was retarded, was institutio ized in 1941. Joe, Jr., was killed 1944 combat plane crash; Kath died four years later, also in a pl accident. The assassinations of J in 1963, and Robert, in 1968, are mourned worldwide. One year Bobby was killed, Joe, Sr., died.

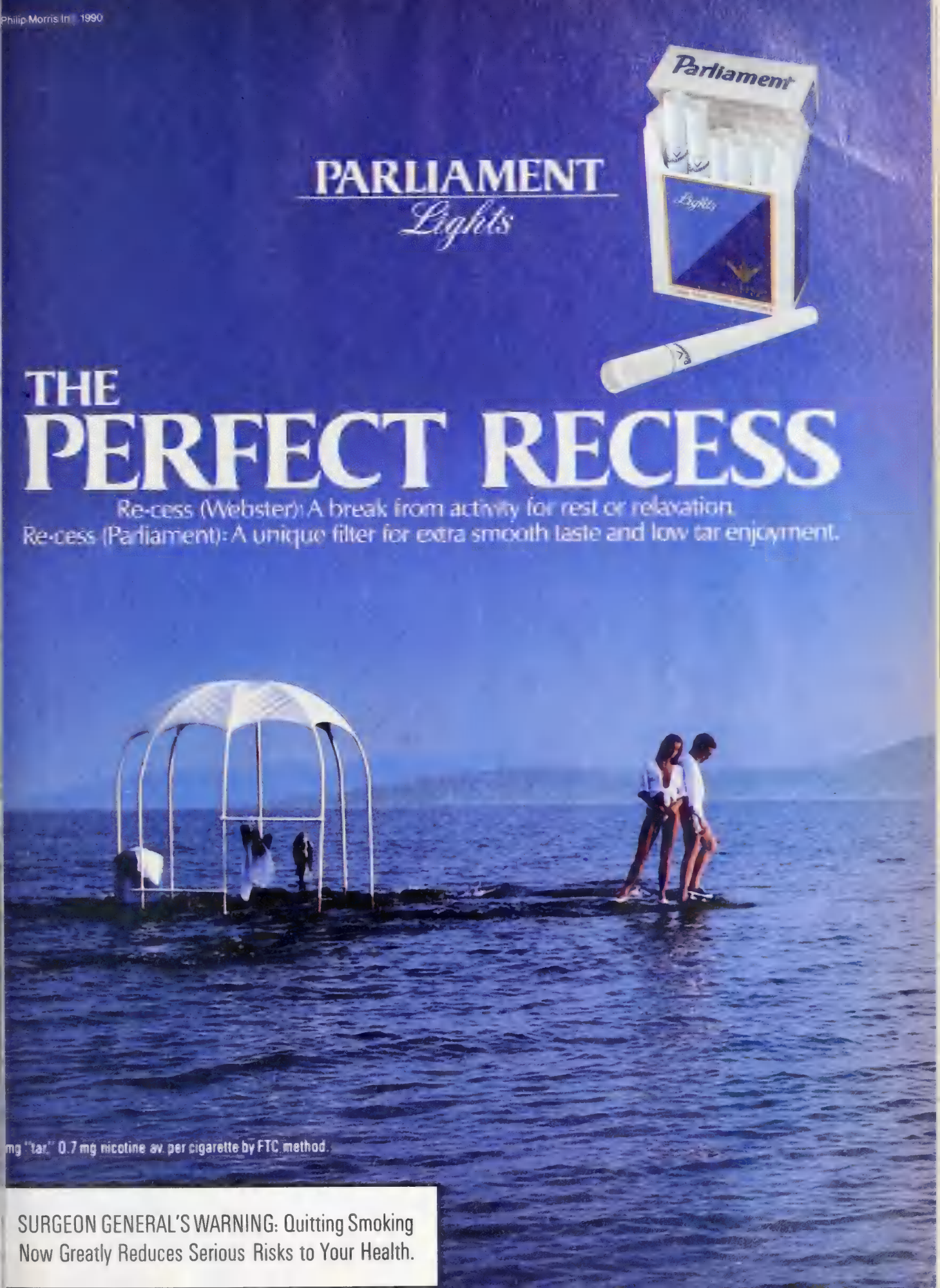
Aunt Rose once told me that very hard for her to think of or pray one child without doing the same all the others she has lost. Watch her pray is a remarkable sight; head is bowed in total absorption, her faith in God is awesome in its tensity. She always seems most newed after she attends Mass.

Some people have said to me, "I love Mrs. Kennedy—she's practical saint." Though that's a wonderful timent, it's not accurate. Sa wouldn't possess Aunt Rose's vanit pride, and would rarely wear Giver and Dior originals! When Jackie K nedy Onassis made a best-dressed for example, Aunt Rose made sure was listed the following year. "It seem vain," she told me. Then, a blush, she added, "It is."

I adore my aunt most when her tagious sense of humor—reserved family and friends—comes to the f On her eighty-eighth birthday, 1978, she addressed all her far from the porch of the Kennedys' Hy nis Port home. "I've called you all gether to announce that I'm not ning for Tip O'Neill's congressi seat." She gave her son, Ted, a know look and continued, "I'm holding for the 1980 presidential election."

Swimming was her favorite sp During winters in Palm Beach, wouldn't use the large saltwater at the house—she insisted on sw ming in the rough surf (much to family's distress, since there w sharks in the water). She often as family members to swim with her. mother was once called *(continu*

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FAMILY PORTRAIT
continued

to swim duty. "Aunt Rose," she asked, "why can't we swim in the pool?"

"Don't be silly, dear. The ocean is far more refreshing," my aunt said. "Just circle, facing me—that way one of us is always looking out to sea and will notice any fins." My mother was terrified. "Well, Mary, dear," Aunt Rose said casually, "look at it this way. You'll be the one who hears my last words if I'm eaten!" Years later, she was still using that retort on other fellow swimmers. "I do love it when I'm clever," she'd say.

Another Florida ritual was her daily stroll around Lake Worth. She confided once that she borrowed a skateboard from a young boy there. "I wasn't very good," she admitted. "In fact, I was sure I'd fall and break a hip. I loved trying it, though." She was eighty-five years old at the time.

She'd always thought she ought to take up bicycling again, but her enthusiasm was dampened one day on the Cape when we saw two children showing off on their bikes. When they saw Aunt Rose, they immediately swerved away from our path and crashed into each other. We dusted them off and laughed when one boy, quite flustered, said, "Oh, I'd rather crash than run over you, Mrs. President." Aunt Rose thanked him for his gallantry and said to me, "Mrs. President! That has a nice sound to it, doesn't it?"

As a child, Aunt Rose had been taught that public emotion was forbidden and that private emotion should be reserved and rare; however, as she grew older, she became warmer. She was less reluctant to admit a shortcoming or her need for others.

Most women in their eighties begin to slow down—but not Aunt Rose! She still walked miles every day, practiced her French, read books and newspapers, and discussed current events with opinionated authority. However, her health prevented her from traveling alone, and she missed the independence those solitary trips represented. As she put it, "Age is so maddening."

My aunt at any age was never above a little matchmaking. One summer evening in 1977 at the Hyannis Port house, I was downstairs helping Jeanette, the housekeeper, rearrange the kitchen cabinets, when Aunt Rose called for me. I appeared, sweaty and tired, and she greeted me with "What are you doing? You're a mess!"

"I'm helping," I answered.

"Well, stop helping and brush your hair and go outside," she demanded.

I cried, "What for? It's pitch-dark

"Tom Brokaw—I think it's hi maybe it's David Hartman—is outs with Ethel," she said agitatedly.

I tried to fathom what was going "Do you want me to tell them yo like to see them?" I asked.

"No," she said. "I want you to m him. Tom Brokaw is young, and I lieve he's Catholic. Now, don't arg with me, do something with yoursel

"Aunt Rose," I said, "both Tom B kaw and David Hartman are marrie

"Oh, no! Are you sure?" she sa "Well, then, never mind. I'm so dis pointed. I thought I had a great pla I burst out laughing—and so did sh

Aunt Rose's spirit has never fai her, but, inevitably, her health h and I know that each time I see l now could be the last. The thou makes me sad, but my memories of l will always be there even after sh gone. She once told me she had s too many good-byes; now, whenev leave her, I say, "I love you; G bless." She smiles, hugs me and sa "Much love, my dear—I'll see you."

Rose Fitzgerald Kennedy's life l been well spent. She's often wished had been a linguist, a poet, a m accomplished pianist and even skilled gardener. But I have ne heard her wish she were a better w a more devoted parent or a more vout Catholic; she's always felt th were the roles at which she excelle

In her lifetime—a century that gan with the horse and buggy and c cludes in the age of space explo tion—she has walked with kings a queens, diapered nine babies, bur loved ones, worked to help the reta ed, and been a steadfast follower of church she so loves. Most importa she has been Rose. The world sees as an inspiration; to me, she has b an adventurous and thoughtful frie and it is an honor to wish her a ha hundredth birthday.

I love you, Aunt Rose—God bless



Kerry McCarthy (above, with her gr aunt, Rose Kennedy) is the curator private archive of Kennedy docume and has provided research material several biographers.

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OME COOKIN'

out our favorite country cookbooks: ■ Edna Lewis's *The Taste of Country oking* (Alfred A. Knopf). This gem, originally published in 1976, gives a cook's tour ough Lewis's reminiscences. You'll be charmed by life on her Virginia farm and ipted to make blackberry cobbler, fresh corn pudding and lots more. ■ *Jasper ite's Cooking From New England* (Harper & Row, 1989). This collection of over ee hundred recipes reveals White's love for local ingredients. Examples: a typical mbake, cod cakes, fish chowder, red flannel hash and Boston baked beans. *Miss Ruby's American Cooking* (Harper & Row, 1989). Ruth Adams Bronz, the ner of Miss Ruby's Cafe, in New York City, divides her book geographically. From deep South there's peanut soup; New Mexico features an exotic concoction, nken shrimp; the Midwest offers Swiss steak and lemon meringue pie. Irresistible! *Secrets of Entertaining from America's Best Innkeepers*, by Gail Greco (Globe quot Press, 1989). Wonderful suggestions for menus, gardening, teatime and wer arranging, plus one hundred recipes from America's best-loved country inns.

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SUMMER RECIPE GUIDE

Presenting a tempting array of festive recipes to brighten your summer menus from the test kitchens of some of America's leading food makers.



Garden Fresh Noodles Alfredo

- 2 tablespoons butter or margarine
- 2 medium carrots, sliced
- 1 medium zucchini or yellow squash, thinly sliced
- 1 medium clove garlic, finely chopped
- 1⅓ cups water
- 1 cup milk
- 1 package **Lipton** Noodles & Sauce–Alfredo
- 1 tablespoon snipped fresh dill*
- ½ cup frozen peas, thawed (optional)
- Pepper to taste

In large skillet, melt butter, add carrots, zucchini and garlic and cook over medium-high heat, stirring occasionally, 3 minutes or until vegetables are tender. Remove and set aside. Into skillet, add water and milk, and bring to the boiling point. Stir in noodles & Alfredo sauce and dill, and continue boiling over medium heat, stirring occasionally, 7 minutes or until noodles are tender. Stir in vegetables, peas and pepper; heat through. Sprinkle, if desired, with grated Parmesan cheese. Garnish with carrot and dill. Makes about 4 servings.

*Substitution: Use ½ teaspoon dried dill weed.

Tested Recipe from The Lipton Kitchens

Generic Term: 1 package noodles & Alfredo sauce



Hidden Valley Ranch Quesadillas

- 1 pkg. **Hidden Valley Ranch**® Milk Recipe **Original Ranch**® Salad Dressing Mix
- ¾ cup mayonnaise
- ⅓ cup milk
- ⅓ cup chunky salsa
- 3 cups shredded Monterey Jack cheese
- 10 (10-inch) flour tortillas
- vegetable oil

Blend together the first 5 ingredients. Refrigerate 1 hour. Spread mixture over 5 tortillas, covering with remaining tortillas. Brush tops with oil. On a baking sheet, bi until golden (1 minute). Turn and repeat process. Broil until cheese is melted. Cut each into 8 wedges.

Lipton Noodles & Sauce

Hidden Valley Ranch®

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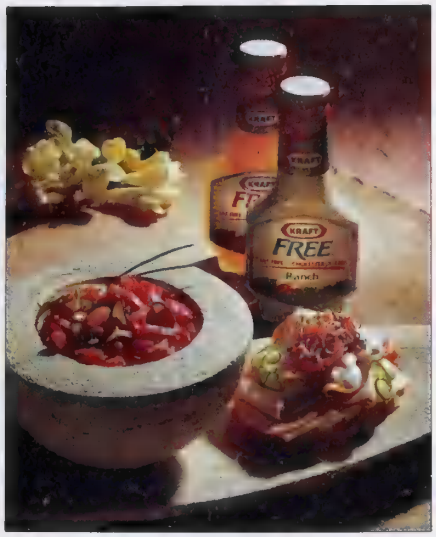
P.B. Teriyaki Glazed Chicken

- 3 pound broiler-fryer chicken, quartered
- 2 tablespoons peanut butter
- ¼ cup orange juice
- ½ cup **Kikkoman Teriyaki** Baste & Glaze

nse chicken quarters; pat dry with paper wels. Measure peanut butter into small wl; gradually blend in orange juice. Stir in riyaki baste & glaze until mixture is nooth and creamy. Place chicken on grill 5 7 inches from hot coals; brush thoroughly th peanut butter mixture. Cook 50 to 60 inutes, or until chicken is tender and azed; turn quarters over occasionally and ush frequently with peanut butter mixture.

akes 4 servings.

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Fresh Garden Gazpacho Soup

- 3 medium-size ripe tomatoes
- 1 (13¾ oz.) can chicken broth
- ½ cup **Kraft** Free Italian Dressing
- ½ cup dry white wine
- 1 small zucchini, thinly sliced and halved
- 1 medium red pepper, cut into thin strips
- 1 small onion, cut into thin wedges
- 2 tablespoons chopped parsley
- 2 cloves garlic, minced
- ½ teaspoon hot pepper sauce

Peel, seed and chop tomatoes. Place in large bowl.

Stir in remaining ingredients.

Cover; chill. Makes five (1-cup) servings.

Prep time: 15 minutes plus chilling

The Kraft Kitchens
Kraft USA



Mini-Cheesecakes*

- 12 vanilla wafers
- 2 packages (8 oz.) cream cheese, softened
- ½ c. sugar
- 1 tsp. vanilla
- 2 eggs

Line muffin tin with foil liners.

Place one vanilla wafer in each liner. Mix cream cheese, vanilla and sugar on medium speed until well-blended. Add eggs. Mix well. Pour over wafers, filling ¾ full. Bake 25 minutes at 325°F.

Remove from pan when cool. Top with fruit, preserves, nuts or chocolate. Be creative!

Makes 12

*Actual size is cupcake size



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SUMMER RECIPE GUIDE



Janet's Fettuccine Primavera

- ½ lb. skinless chicken breast fillets, cut in ½-inch cubes
- ½ cup sliced onions
- 2 tablespoons Wesson Oil
- 2 cups small whole mushrooms
- 1 cup *each*: julienne-cut zucchini and red bell peppers
- 1 (27½-oz.) can **Hunt's** Spaghetti Sauce, Traditional
- ½ lb. deveined and shelled medium raw shrimp
- 2 cups fresh spinach, cut into ¼-inch strips
- ½ lb. fettuccine, cooked according to package directions, rinsed and drained
- Shredded provolone cheese

In large skillet, sauté chicken and onions in hot oil until chicken is no longer pink. Add vegetables and sauté 2 minutes longer. Add spaghetti sauce and shrimp. Simmer, uncovered, 10 minutes or until shrimp turns pink and chicken is cooked through. Stir in spinach, let cook 3 to 5 minutes longer. Serve over hot cooked fettuccine and top with provolone. Makes 4 to 6 servings.



Cheesecake Pie Made Simple

- 1 package (8 oz.) **Philadelphia** Brand® cream cheese, softened
- ⅓ cup sugar
- 2 teaspoons vanilla
- 3½ cups (8 oz.) **Cool Whip**® Whipped Topping, thawed
- 1 (6 oz.) **Keebler**® **Ready-Crust**® brand graham cracker pie crust
- Assorted fresh fruit

1. Beat cheese, sugar and vanilla until smooth. Fold in whipped topping. Spoon into crust.
2. Chill until set, about 4 hours.
3. Before serving, arrange fruit on filling.

Cheesecake Tarts. Spoon filling into **Keebler**® **Ready-Crust**® Single Serve Graham Crusts. Chill 2 hours. Garnish with fruit. Makes 12 tarts.

Cheesecake Snacks. Spread filling on **Keebler**® Honey Graham Crackers. Garnish with fruit. Makes 3 dozen.



Italian Style Meat Loaf

- 1 lb. lean ground beef
- 6 oz. hot Italian sausage or spicy bul sausage
- 1 can (14½ oz.) **Del Monte**® Italian Style Stewed Tomatoes
- 1 cup fresh bread crumbs
- ½ cup chopped onion
- ½ cup chopped green pepper
- 1 egg, beaten

In large bowl, combine all ingredients; m well. Place in 4½ x 8-inch loaf pan. Bake 350°F, 1 hour; drain. 6 servings

Preparation time: 10 minutes

Cook time: 1 hour

Hunt's

Cool Whip WHIPPED TOPPING

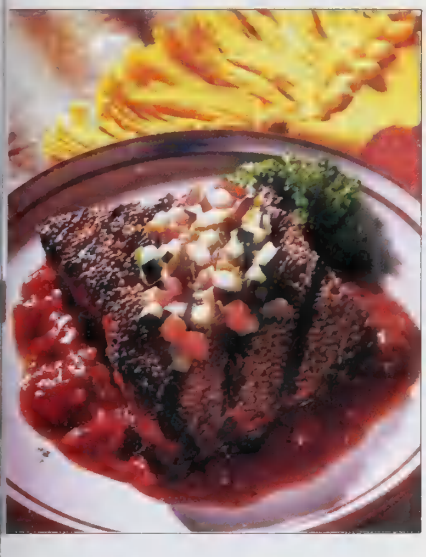
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SUMMER RECIPE GUIDE



Southwestern Grilled Salmon

quick and attractive preparation—mustard seed and esh salsa make this seafood entrée a classy main dish.

½ cup chopped tomatoes
½ cup chopped seeded cucumber
2 tablespoons chopped **Old El Paso** Pickled Jalapeños
3 tablespoons olive oil, divided usage
1 package (1¼ ounces) **Old El Paso** Taco Seasoning Mix
2 (1-inch thick) salmon fillets with skin, about 1 pound
2 tablespoons mustard seed
1 can (10 ounces) **Old El Paso** Tomatoes and Green Chilies, heated

. Preheat grill or prepare charcoal.
. In a small bowl, combine tomatoes, cucumber, jalapeños and 1 tablespoon oil; set aside.
. Combine remaining 2 tablespoons oil and taco seasoning mix; brush evenly over all sides of salmon. Press mustard seeds onto meaty side of salmon.
. Grill salmon, meaty side down, about 6 inches from coals. Cover grill and cook 5 minutes; turn. Replace cover and cook an additional 5 minutes or until fish just flakes when tested with fork; salmon will be blackened. Do not overcook.*
. Spoon heated tomatoes and green chilies onto four dinner plates. Cut each salmon fillet in half; place skin-side down on top of tomatoes and green chilies. Spoon cucumber salsa over salmon; serve immediately.

Makes 4 servings.

Alternate broiling instructions: Place salmon, meaty side down, on broiler rack; broil 5 minutes. Turn salmon over; continue broiling 5 to 8 minutes or until fish just flakes when tested with a fork. Do not overcook.

otal preparation time: 30 minutes

uggested side dishes: Mexican Rice and Fresh Sauteed ucchini



Apple Raisin Bran Muffins

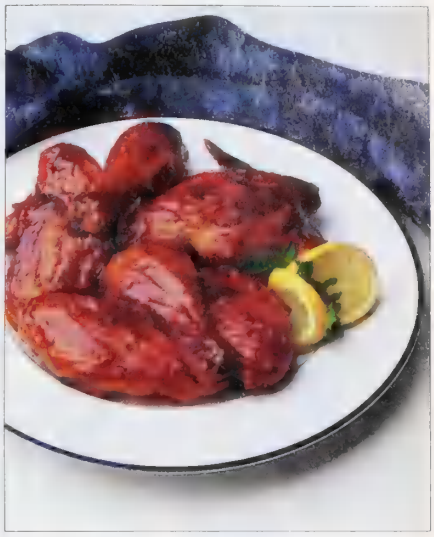
1½ cups shreds of wheat bran cereal
1 cup skim milk
¼ cup **Promise** Spread, melted
½ cup honey
1 large cooking apple, peeled, cored and grated (1½ cups)
¾ cup raisins
1 large egg, well beaten
1 teaspoon cinnamon
1¼ cups all purpose flour
2 teaspoons baking powder
½ teaspoon baking soda

Heat oven to 400°. Lightly grease 12 muffin cups. In a large bowl, soak cereal in milk for 5 minutes. Stir in Promise, honey, apple, raisins, egg and cinnamon. In another bowl, combine remaining ingredients. With a rubber spatula, fold flour into apple bran mixture just enough to moisten. Do not overmix. Evenly distribute among muffin cups. Bake 20 minutes or until done.

Each muffin contains approximately 169 calories, 4.3 grams fat, 23 milligrams cholesterol and 205.6 milligrams sodium.

Yield: 12 muffins

Apple Raisin Bran Muffins—
Another heart healthy recipe from **Promise**.
A taste you can take to heart.



Honey 'n' Spice Chicken

Brush 2 to 2½ pounds broiler-fryer pieces with melted butter or margarine; place skin-side down on rack in shallow baking pan. Bake in preheated 375°F oven, 40 minutes. Combine ¼ cup **Heinz** 57 Sauce and 2 tablespoons honey. Turn chicken skin-side up; brush with half of 57 Sauce-honey mixture. Bake chicken 15 to 20 minutes longer or until tender. Brush again with remaining honey mixture. Makes 4-5 servings.

For Honey 'n' Spice Glaze: Combine 2 parts **Heinz** 57 Sauce and 1 part honey. Use as a glaze for ham or brush on grilled chicken or ribs last 10 minutes of cooking time.

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A wheelbarrow of phlox, magno branches and Queen Anne's Lace

Casual-but-elegant flowers are t key to any country look, indoors a out. We asked NYC floral desig Paul Bott, of Twigs (he artfully fill an antique wheelbarrow and an c child's wagon with garden cutting to share his expert ideas.

■ Look around your backyard a use your imagination: Arrangemer can be created from branches magnolia, hydrangea or hemlo wildflowers, even different grasse

■ One of Bott's favorite coun combinations is simple and gracefu

ther hemlock and copper beech
e branches, daylilies and cinna-
ın fern, and arrange airily.

Perfect containers for country
ıoms: copper pots, ceramic
ıngeware and majolica, wooden
rden flats, wire egg baskets, and
ersize wooden baskets.

Tip: Cut flowering branches and
ck-stemmed flowers with a very
ırp knife, then pound the stem
ds while they're under warm wa-
so the flowers will last longer.

wagon just for show sports ivy,
tted primroses and African violets



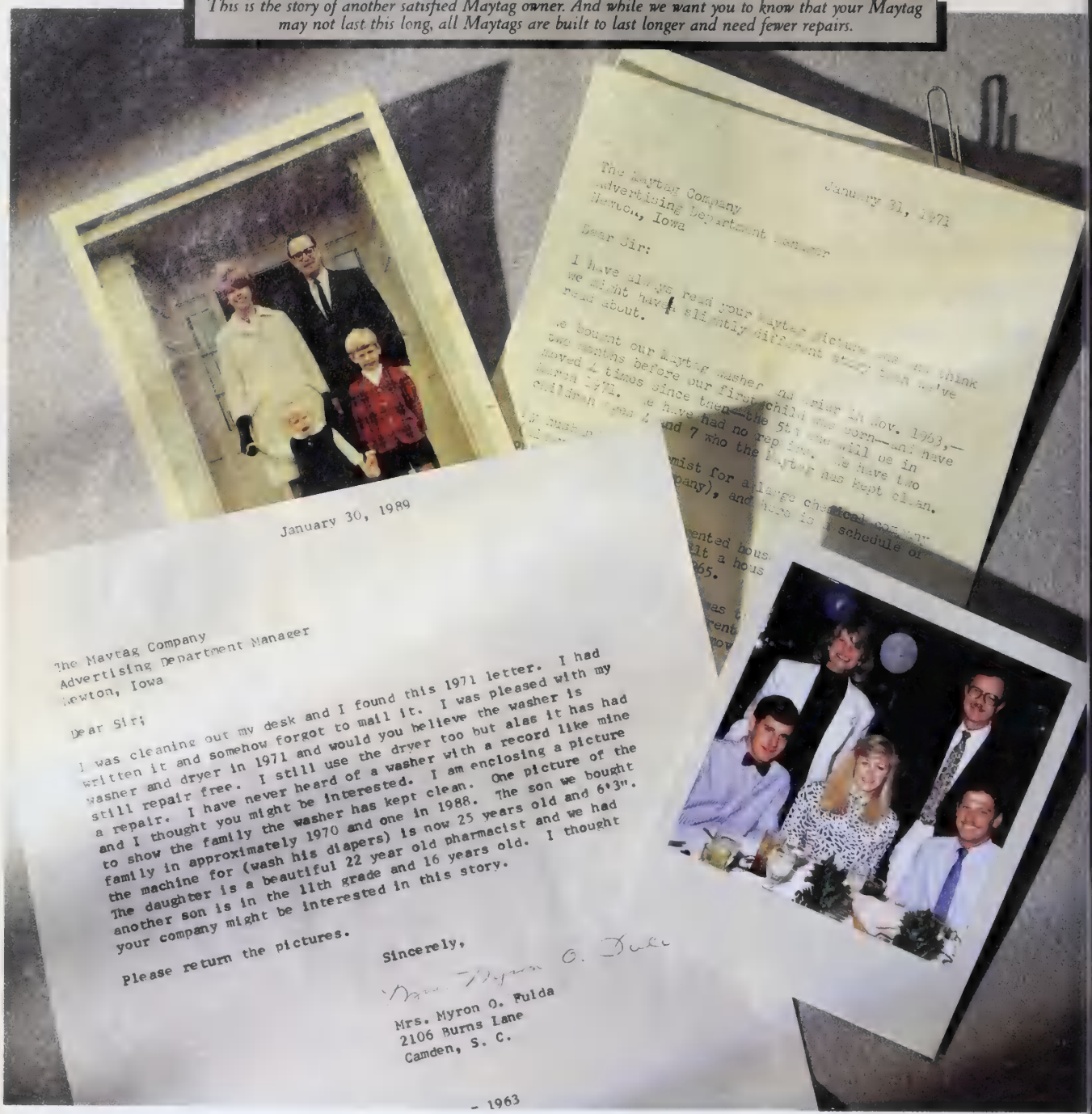
esigning women

arting next January, Prime Shop-
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This is the story of another satisfied Maytag owner. And while we want you to know that your Maytag may not last this long, all Maytags are built to last longer and need fewer repairs.



January 30, 1989

The Maytag Company
Advertising Department Manager
Newton, Iowa

Dear Sir;

I was cleaning out my desk and I found this 1971 letter. I had written it and somehow forgot to mail it. I was pleased with my washer and dryer in 1971 and would you believe the washer is still repair free. I still use the dryer too but alas it has had a repair. I have never heard of a washer with a record like mine and I thought you might be interested. I am enclosing a picture to show the family the washer has kept clean. One picture of the family in approximately 1970 and one in 1988. The son we bought the machine for (wash his diapers) is now 25 years old and 6'3". The daughter is a beautiful 22 year old pharmacist and we had another son is in the 11th grade and 16 years old. I thought your company might be interested in this story.

Please return the pictures.

Sincerely,

Mrs. Myron O. Fulda
2106 Burns Lane
Camden, S. C.

- 1963

Ooops.

We would like to thank Mrs. Fulda for her little mistake. Because it helps us make a point. What was true in 1963 when Mrs. Fulda bought her new Maytag washer and dryer, and in 1971 when she misplaced her original letter, is still true today. Every Maytag is built to last longer and need fewer repairs.

And while your Maytag may not last as long as Mrs. Fulda's, we hope someday you'll have a letter for us, too. But we'd rather not wait so long to hear from all our satisfied customers. So please don't forget to send it.



MAYTAG
THE DEPENDABILITY PEOPLE

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A Winning Pair - Sports & Pups



- **Actual size: 8½"**
- **23K gold rim**
- **Limited edition**

WIDE RETRIEVER

A precious golden retriever pup brings new meaning to the term, "sporting dog," as he takes part in a game of his own. His expressive face and big, brown eyes, tell the ry . . . perhaps the coach is coming off field to "bench" this "Wide Retriever." nowned American artist, Jim Lamb brings s scene to life with exceptional realism d warmth.

Lamb's previous collector plate, "Double ke," recently sold out its edition and has tered into secondary market trading. eady, this plate has been quoted at almost % higher than its issue price. Because ide Retriever" also portrays a "fetching" ppy subject in Lamb's warm, lifelike style, mand is expected to be strong for this tstanding new work.

"Wide Retriever" premieres the *Good orts* Plate Collection, featuring favorite eeds of puppies engaged in a variety of all ne favorite sports. Each 8½" plate will be ded with gleaming 23K gold, limited to firing days, hand-numbered on its reverse, and accompanied by a same-numbered Certificate of Authenticity.

As an owner of "Wide Retriever," you will have the right—*but not the obligation*—to acquire each issue in Lamb's *Good Sports* Plate Collection, as presented to you. And, you order at absolutely no risk, because The Hamilton Collection *100% Buy-Back Guarantee* assures that you may return any plate for a full refund within 30 days of receipt.

An irresistible puppy and a popular sport certainly make . . . a winning pair. Applications will be processed in the order of receipt, so send in yours today!

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River Shore®

Respond by: July 31, 1990

Limit: Two plates per collector

Please accept my reservation application for ___ (1 or 2) "Wide Retriever" plate(s) at $29.50* (plus $2.48 shipping and handling) each.

I need send no money now. I will be billed for my plate(s) prior to shipment.

☐ Ms. ☐ Mrs. ☐ Mr. OAM1 QD 3C

Name _____

Address _____

City _____

State _____ Zip _____

Signature _____

Telephone (_____) _____

***CA, FL, and IL residents will be charged the appropriate state sales tax.** *All applications must be signed and are subject to acceptance.*

The Hamilton Collection
9550 Regency Square Blvd., P.O. Box 44051
Jacksonville, FL 32231

PARENTS' JOURNAL

A guide to child rearing in the nineties. By Mary Mohler and Margery D. Rosen

MOWGLI'S MILKSHAKE

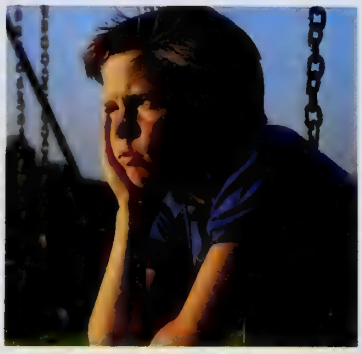


Guess who's coming back to the big screen this summer. Mowgli and Baloo, that's who. "The Jungle Book," the last animated feature personally supervised by Walt Disney himself, hits theaters July 13. What better way to sail through a summer afternoon than with Mowgli (the man-cub raised by wolves) and his sidekick, the happy-go-lucky bear. Meanwhile, let the kids chill out with this tasty tropical drink, straight from the jungle to your wild ones. It's one of the bare necessities.

Combine 2 cups orange juice or orange-tropical blend, one container (8 oz.) plain low-fat yogurt and 1 ripe banana, diced, in blender; puree until smooth. Pour into 2 tall glasses filled with ice. Makes two servings.

"MOMMY, I'M BORED"

SIX SUREFIRE STRATEGIES FOR ENJOYING THE LONG HOT SUMMER WITH YOUR CHILDREN



Lazy, languid days. No school. Everyone home . . . A mother's nightmare?

Well, it doesn't have to be. Really. Even you can enjoy summer vacation. "Change your mind-set," suggests Dorothy Merrill, of the Children's Museum in Boston. "Don't think of summer as an ordeal to get through; think of it as a time to really enjoy your kids." Sounds good, but how? Try our six strategies. But don't overschedule. It's okay for kids just to hang out now and then. After all, it *is* summer.

STRATEGY #1 Find ways to spend special time with each child. Even working moms often find that summer is slower. (Ask your employer if you can juggle your hours, or take a vacation day.) For his special date, let each child decide what to do. Mark it in your appointment book as you would any other engagement.

STRATEGY #2 Join forces with friends and share your talents. If one mother in your area is a terrific artist, let her host the kids for an afternoon of painting. If you're a wonderful cook, hold a cooking class. By trading skills, moms will have a breather, and the kids will have a ball.

STRATEGY #3 Even household projects can be a time for closeness. Whether it's washing the car or cleaning out the basement, making it a family affair means the job gets done quicker and you have an opportunity to talk. Extra incentive: Everyone goes out to a ball game later.

STRATEGY #4 Make a list of all the things everyone wants to do or see this summer, then try to plan for one outing a week. Mark some in your calendar now, and save the list for whenever a slow time looms.

STRATEGY #5 Stockpile resources for a rainy day: cardboard tubes from paper-towel and toilet-paper rolls; buttons, bows and ribbons; old greeting cards; egg and milk cartons; packaging scraps; old pots and pans; pinecones, driftwood, twigs, shells or sponges; old panty hose; old clothes for dress-up.

STRATEGY #6 Get kids involved in long-term projects: Chart the weather. Make a gauge to measure rainfall, note wind directions . . . Suggest that older kids keep a journal. Buy them a beautiful book with blank pages to get started . . . Encourage them to befriend a neighbor who would welcome company—an elderly person, a new kid on the block—or to volunteer at a hospital or shelter for the homeless. . . Prompt older kids to script a movie and videotape it, complete with costumes . . . Plan a backyard carnival—make booths for ringtoss or face painting out of grocery cartons. Invite the neighborhood kids and give homemade cookies as prizes . . . If all else fails, ask them to clean their rooms. They're bound to find *something* they'd rather do!

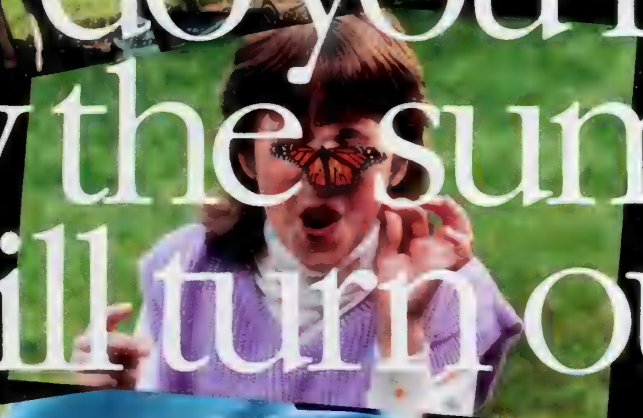
Sibling rivalry seems to escalate with the temperature. If too much togetherness is trying tempers, we suggest: ■ *The One-Minute Mad.* When your kids are all shouting at each other, call time out. Set an egg timer and tell them they can argue as much as they like—for one minute only. ■ *The Angry Artist.* Drag out the crayons and paper and ask quarrelers to draw why they're mad. Even kids who just scribble release anger and become more interested in the drawing than in the argument. ■ *Snug as a Bug in a Hug.* Insist (in spite of protests) that all squabblers gather for a group hug. An extra squeeze here, a tickle there, and you'll all soon be giggling. —MELISSA BREGENZER

Photos, from left: The Walt Disney Co.; Superstock.



How do you know how the summer will turn out?









Just look for the Kodak Colorwatch seal. It means a Kodak system checks the developing for great color. And every print is on Kodak paper.

Colorwatch seal, great color. No seal, who knows?



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PARENTS' JOURNAL


Laura Jones


Jane Starks


Barbara Schiffman

HOW WOULD YOU HANDLE IT? YOU DISCOVER THAT YOUR CHILD HAS BEEN CHEATING AT A GAME.

Laura Jones, 34, reservation manager for resort hotel, Park City, UT; one child, 4

Just last month, Chelsea tried to cheat at Candyland. I called her on it, but she quickly became defensive. I explained, calmly, that games have rules, just as there are rules at home and at her baby-sitter's house, and she had to play by those rules. The next time she tried to skip spaces to reach the top of the mountain, I told her, "Okay, that's the end of this game." With children that young, you can't get too upset; they're only trying to test you.

Jane Starks, 32, day-care-center director, Pasadena, TX; five children, 16, 11, 10, 9, 6

I use a combination of positive reinforcement and reverse psychology, and it works just about every time. If one of my kids is cheating at a game, I sit down and challenge them all to a contest to see who can play the game the most fairly; then I reward the winner with a special privilege. Or I'll switch gears on them and announce, "Okay, from now on everyone can cheat." It's amazing, but if they're allowed to do something they shouldn't, it usually loses its appeal.

Barbara Schiffman, 40, screenwriter, Burbank, CA; one child, 10

My daughter can be quite headstrong at times, and she loves to win. My husband and I have often wondered if this is due, at least in part, to our tendency to let her win when she played games with us when she was little. While we've always told her that cheating is wrong, sometimes the competitiveness gets the better of her. So we find ourselves working hard to point out to her that winning isn't everything, that it's far more important to be a gracious loser.



ASK THE DOCTOR

My six-month-old daughter spits up constantly. She and her twin brother are both growing well, but I'm still afraid she'll be malnourished.

Spitting up or regurgitating after feeding is common during infancy (the medical term is gastroesophageal reflux). Nutrition is one of the primary concerns in a baby with frequent regurgitation. Since your baby is growing well, you need not worry; the best indicator of adequate nutrition is consistent growth. However, do make certain to see your pediatrician regularly to monitor her growth carefully. Excessive regurgitation usually resolves itself between the ages of nine and twelve months.

—DAVID BAILEY, M.D.

My seven-year-old son still wets the bed. The pediatrician says there's nothing physically wrong with him and that the problem will go away. Can't he be treated?

Yes, you can begin to use medication at this age, assuming there are no physical problems and no history of infection. Until now, the drug of choice has been Tofranil (imipramine), whose mechanism of action is not fully understood and which has had limited success. A new medicine, DDAVP (desmopressin acetate), in the form of a nasal spray taken at bedtime, works by reducing the amount of urine produced overnight. It seems to have a greater success rate. (The older the child is, the greater the success rate with both drugs.) There are also bed alarms, but their drawback is that they go off only after the bed has been wet. It should also be noted, however, that as a child gets older, this condition eventually goes away on its own. Fifteen percent of five-year-olds will wet the bed, but the problem persists in only 1 percent of fifteen-year-olds. Whatever course of action you choose, remember that bed-wetting is not something a child can help. Be supportive and don't scold.

—DAVID COWAN, M.D.

Got a question about your child's health? Ask the doctors on the Pediatric Healthline at the Arnold Palmer Hospital for Children and Women, in Orlando, Florida. Call 800-727-9434 any Tuesday between six P.M. and nine P.M. EDST.

Nutrition for those who like to eat and run.

Your toddler. Yesterday she was crawling. Today she's walking. Next she'll be borrowing the car. It's unfair how fast she grows. Her growing body can use the nutrition she gets from Kraft® Singles as part of her balanced diet. Each serving provides more than 20% of the protein and calcium recommended for toddlers aged 2 to 5.* Plus vitamin A. All in a food that's soft, creamy and easy to chew. Kraft® Singles—a good food your toddler can grow on.

*The Food and Nutrition Board of the National Academy of Sciences–National Research Council's revised 1989 recommendations for children 1-3 and 4-6.
RDA's listed here are based on a 1 oz. serving size for children 1-3 and 4-6.

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Big Nutrition For Little Tykes.

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20% RDA
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VITAMIN A

LEAKS, LEAKS, GO AWAY, ONLY NEW HUGGIES® SAVE THE DAY.

The forecast is for happy skies, with new KLEENEX® HUGGIES® diapers for Him and for Her. They protect your baby from leaks like no other boy or girl diaper.



Only Huggies for Him and for Her have *Leakage Control Shields* inside each leg, to form a double barrier against leaks. And *extra padding* to absorb just where little boys and girls need it most. Plus a *softly padded waistband* that snuggles baby for a custom fit.

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New Huggies for Him and for Her. Now every day can be full of sunny smiles.

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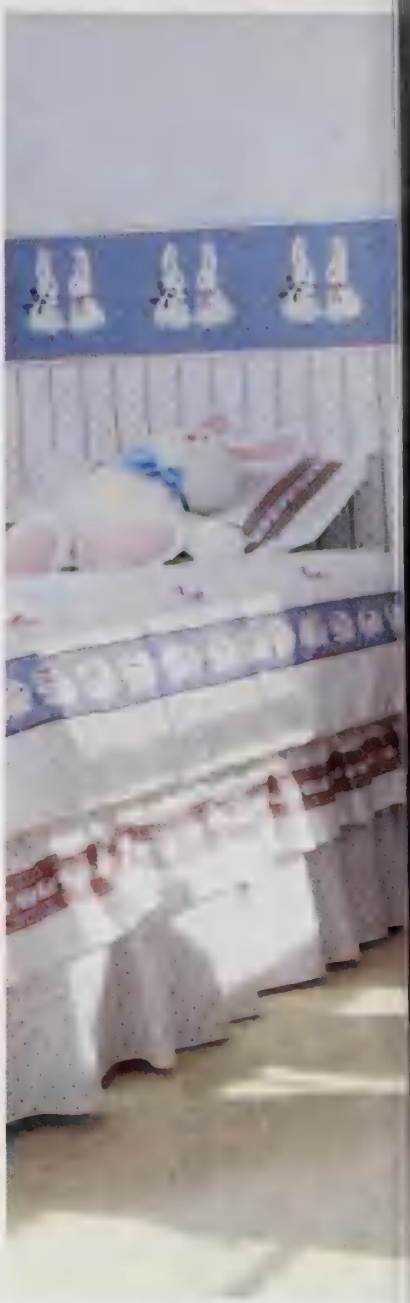
LISA WAS A PREGNANT TEENAGER WHO KNEW SHE WASN'T ABLE TO LOOK AFTER A CHILD; GERRY WANTED A BABY MORE THAN ANYTHING IN THE WORLD. CAN ONE WOMAN'S HEARTBREAK BECOME ANOTHER WOMAN'S HOPE?

BY DEBORAH BEROSET DIAMOND

Ladies' Home Journal July 1990

A TALE OF TWO MOTHERS





For the one million infertile couples in the United States who want to adopt a baby, the process can be slow and frustrating. Often it ends in defeat, since only twenty-five thousand or so healthy children under the age of two are available each year. The average white couple who finally adopts waits two to five years to take home a healthy infant. The waiting period is shorter for black couples, often only six months, because there are more black babies available and fewer couples to take them—most agencies will no longer place children with parents of another race. Many couples, discouraged, give up entirely.

For the couples who do brave their way through the process, the cost is high: averaging $15,000 at agencies and $25,000 to $35,000 for an independent adoption. Public agencies—which don't charge for adoptions—are no longer a leading source of healthy babies. Birth mothers now tend to place their children with private agencies or enter into independent adoptions, where they receive medical care during pregnancy.

It's easy to look at these facts and condemn the adoption field as a baby market. Many critics do. But behind the statistics are ordinary people with ordinary dreams and extraordinary love to offer. Here is the intimate story of one such couple, the little girl who made their family complete, and the young woman who gave them the greatest gift of all.

DAVE AND GERRY GELLER WERE like any other happy couple in their Northeastern town not long ago, but something was missing. Many nights, Gerry would pause outside the nursery she and Dave had prepared. The stuffed animals were in their places; the crib and bassinet were ready, but they were still empty.

The Gellers had always wanted children. When they turned thirty, Dave, a civil engineer, and Gerry, an interior designer, had decided the time was right. Two years of trying and scores of tests later, Gerry was given fertility drugs and became pregnant with twins.

Scott and Carrie were born three mo prematurely, in August 1984. Scott, weaker of the two, died the next Carrie lingered for nearly three mo before she died, never leaving the hosp The Gellers were devastated. Sadly, couldn't seem to conceive again. By 1 they decided to try adoption.

But they *(continued on page*

"ANY DOUBTS WE HAD ARE ALL GONE. WE CAN IMAGINE HAVING ANY OTHER LITTLE GIRL."





After years of trying, Dave and Gerry Geller finally have a child to love—and an album of precious moments. Top left, the birthday girl makes a wish; above, Cristen is enchanted by the dollhouse her grandfather made for her; left, in this family, there's always time for a hug



JANE'S SEARCH FOR TOMORROW

SIX MONTHS AFTER FLYING HER *TODAY* SHOW NEST, JANE PAULEY IS SOARING. SHE'S HOSTING SPECIALS, FILLING IN FOR ANCHOR TOM BROKAW AND SPENDING MORE TIME WITH HER HUSBAND AND KIDS—PROVING THAT NICE FOLKS *DO* FINISH FIRST SOMETIMES. BY JEFF ROVIN

There are at least three television fans who don't miss seeing Jane Pauley's familiar presence on the *Today* show every morning: her kids, twins Ross and Rachel, age six, and Thomas, three. Now that she no longer leaves her Manhattan apartment at five A.M. to go to work, Jane has learned the awful truth. "What I've discovered," she reveals, "is that my kids weren't watching the *Today* show . . . They watch Gumby and Bugs Bunny!"

Multitudes of the rest of us, of course, *did* tune in to see this gracious, intelligent woman co-host the *Today* show for thirteen years—and we tuned out when she left in December. Since younger, blonder Deborah Norville took the thirty-nine-year-old Pauley's place on the *Today* couch, the show's ratings have fallen 16 percent. Meanwhile, helped by her continued grace under pressure, Jane's popularity has skyrocketed. She's the substitute anchor for Tom Brokaw on *The NBC Nightly News*. Her first prime-time special, *Changes: Conversations With Jane Pauley*, a low-key interview program without big stars—except Pauley—was a ratings smash, beating everything else in its time period. And NBC is developing a newsmagazine show that she will host.

Sitting in her small, cluttered *(continued on page 135)*

Photo, Chuck Baker. Stylists, Denise Canter and Linda Block; hair, Katherine Gordon; makeup, Dawn Jacobson for Bumble & Bumble. Chair, Devon Shop. Details, page 119.



TAMMY AT TWILIGHT

THEY WERE AMERICA'S MOST SUCCESSFUL TELEVANGELISTIC COUPLE—UNTIL HE WAS SHAMED BY CHARGES OF ILLICIT SEX. NOW HE'S IN JAIL FOR FRAUD, AND SHE'S TRYING TO KEEP THE FAITH IN A STOREFRONT CHURCH. **BY CLIFF JAHR**

Tammy Faye Bakker climbs down from her Chevy Astro van and hollers, "We came early 'cause I'm *hungry*!" Then, laughing and squaring her shoulder pads, she marches toward the roadside restaurant where we plan to get acquainted this bright Florida morning.

As we cross the parking lot, she chatters animatedly with two friends, the church ladies who will be our chaperones. "I cannot be seen alone with a man," she explains, "even with a reporter. Oh, boy, what the tabloids could make of *that*!"

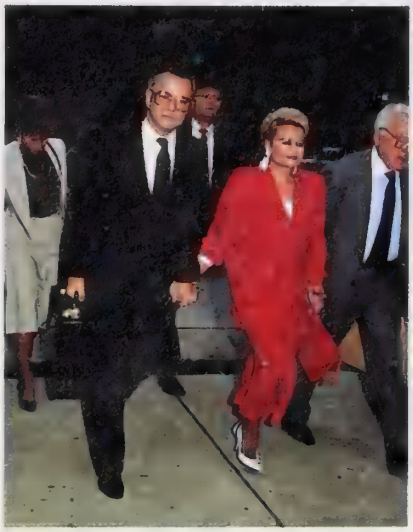
Up close, at forty-eight, Tammy's square, unlined doll face is oddly pretty despite the tarantula lashes, heavy bronze base and red lipstick outlined in black. ("I bet I don't wear as much makeup as you thought," she teases. "You probably expected it would be *gobbed* on an inch thick. But it only takes fifteen minutes to do the whole deal.") She wears four-inch heels with ankle straps and an ankle-length pink dress with a bustle. Tiny (4'11") and a curvy size eight, she confides she's recently had liposuction on her thighs. "I had my whatchamacallits, my saddlebags, removed," she says, laughing. "But a lady doesn't talk about that."

All in all, this happy chatterbox hardly seems like a woman whose husband recently began a forty-five-year prison sentence, or a preacher recognized by the American Evangelistic Association. But she's both; only the previous Sunday she spoke before a flock of one hundred fifty at her fledgling New Covenant Church, a windowless space in a building that once served as a Tupperware outlet.

It's a far cry from the palmy days when Tammy Faye and Jim Bakker had their Praise the Lord (PTL) television ministry. At its height, PTL boasted millions of viewers and millions of dollars in annual donations. The Bakkers lived life to the hilt, with a house in South Carolina that allegedly included gold-plated plumbing. ("It was *brass*," Tammy wails.) Then came the fall. Headlines told of Jim's sexual encounter with church secretary Jessica Hahn and alleged liaisons with some of his male associates. There were whispers *(continued)*



Tammy Faye stands by her man, insisting he isn't guilty. "Jim was framed," she says angrily.



(continued) about Tammy Faye's addiction to medications (she eventually cleaned up at the Betty Ford Center). And the Feds wanted to know where all the money was going.

Jim was charged with fraud and conspiracy and convicted for selling phony "partnerships" to PTL members. (Tammy was never indicted.) For $1,000 each, buyers were supposedly guaranteed lifetime, once-a-year visits to Heritage USA, PTL's lavish Christian theme park in South Carolina. Investigators found that Bakker had sold about 160,000 partnerships, even though the space available for partners could only hold 60,000. In addition, the government charged, Jim Bakker had pocketed $3.7 million of the money raised from partnerships.

Last November, Jim went to a medium-security federal prison in Rochester, Minnesota, leaving Tammy to dwell in the twilight world of yesterday's newsmakers. Like the wives of most convicts, she has to earn a living and be a single parent to her children (daughter Tammy Sue, whose impulsive marriage at age seventeen caused a family rift, and son Jamie, fourteen, who has left school to escape his classmates' embarrassing remarks). And she must learn to live with being, simultaneously, the object of adoration and derision. When she moved last year to Orlando, home of Disney World and Sea World, one citizen scoffed: "We already had Shamu the whale; now we have Tammy."

The roots of faith

Talking to Tammy Faye for several hours, it's surprisingly difficult to determine whether she's a genuine innocent or a slick saleswoman who has always hungered for material things.

Born Tammy Faye LaValley on Canada's border in the small lumber town of International Falls, Minnesota, she was the oldest of eight children. Her divorced mother was a pious member of the Assembly of God Church, and her stepfather worked in the lumber mills. While attending an Assembly of God Bible school in Minneapolis, she met fellow student Jim Bakker. Despite parental objections, they soon married and set off on an odyssey of revivals in the South. Discovering television, they worked at one point on a puppet show with a religious theme on evangelist Pat Robertson's Christian Broadcasting Network. In 1973 they set up their own PTL network, which met with unparalleled success: In the peak year of 1986, the Bakkers coaxed $96 million from donors, and Heritage USA drew more than six million visitors, second only to the two Disney parks.

As she remembers those high-rolling years, Tammy Faye's temper rises. "Jim gave his money away," she says. "We had no personal savings, no Swiss bank accounts. Nothing!

"We're living at the very edge," she says emphatically about her life today. "I make ends meet on a ministry paycheck that's a lot smaller than you'd think." (She will not, however, say exactly how much smaller it is.)

Still, Tammy does retain a few perks. As head of her church, she has many of her living expenses covered, and she has a salaried staff of five. She and Jamie live in a sprawling four-bedroom stucco house worth $300,000. (Because of the landlord's kindness, she says, she pays some $1,200 a month in rent for her home—substantially less than the going rate.) Seven-foot walls surround the back garden and a pool. Inside, Jim and Tammy's high school portraits hang in a hallway that leads to airy rooms with cathedral ceilings and crystal chandeliers. Everything is done in Tammy's favorite "peaches 'n' creams."

But she is quick to dispute the notion that she is living high on the hog again. "I clean my own house," she adds defensively. "I have no help, and right now it's deep-down dirty. I'm a good cook. In the evening, I make mostly chicken or tuna sandwiches, or we'll go out for pizza."

Addicted to shopping, Tammy has become a familiar figure in Orlando's malls. "It takes my mind off everything," she remarks. "It's even exercise. You can do a mile and a half in one of those places. These high heels I'm wearing? No, not snakeskin. Fake skin. Twenty-nine dollars at Baker's."

Her daily gifts

Apart from shopping, dining out with women friends, and the occasional business meeting, Tammy spends her time writing dozens of thank-you notes each day to contributors. Her church maintains a defunct PTL mailing list of 180,000 supporters, and thousands write her, sending checks and little gifts including books, poetry, tapes and teddy bears. The biggest contributors get thanks in Tammy's big, slanted handwriting. How much money is raked in? No one will say.

Almost every day, she talks with her husband, who stands in line to use the telephone in the medium-security institution where there are dorms, not cells. "These days Jim is very sad," Tammy says, sighing and fondling a diamond bracelet, a fortieth-birthday present from her husband. "He's almost in a state of numbness. *Confusion.* He can't believe that so many people let him down. Most of our friends proved to be fair-weather. Now, it's weird. I still trust. I'm trusting you. I don't know if I'll ever learn."

As Tammy talks about her husband, her voice begins to quaver. "I miss those little pats. Jim was such an elegant man—*is* such an elegant man—and I love to go into his closet and touch the sleeves of his coats and catch the smell of his after-shave. His clothes hang just like always, because I know he's coming home."

She laughs faintly, but the tears are coming again. "Yes, I'm very lonely, even sometimes when I'm in a crowd. We just had our twenty-ninth anniversary, and it's those little things you miss. For example, Jim and I always loved to buy wedding cakes with that white frosting so rich it tickles your teeth. Then we'd climb into bed and eat the whole thing."

Sex, drugs and makeup

In the midst of her memories of Jim, Tammy *(continued on page 96)*

Susan Greenwood/Gamma-Liaison

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6 mg tar
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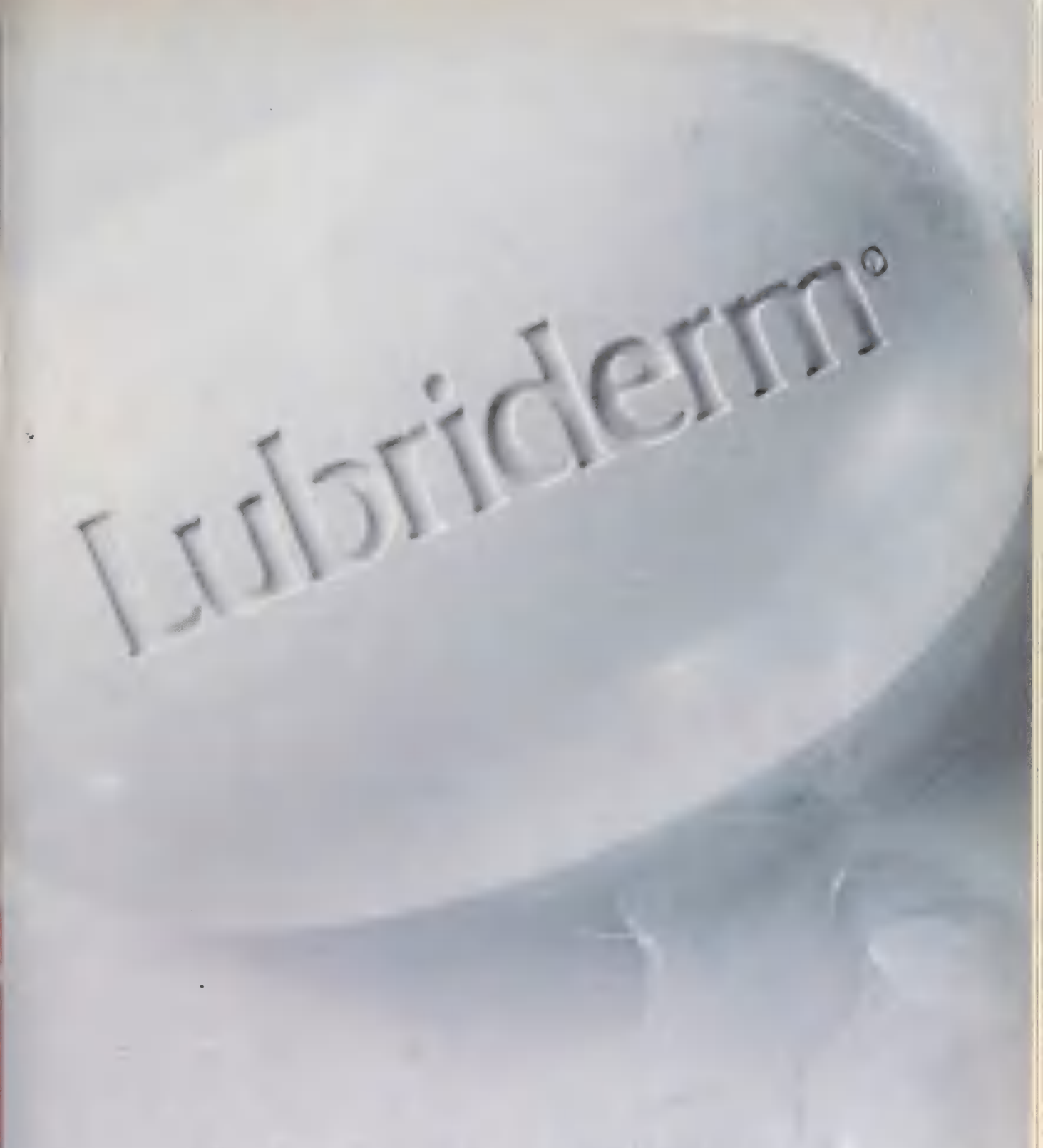
BOX, BOX 100's: Less than 0.5 mg. "tar", less than 0.05 mg. nicotine,
SOFT PACK FILTER, MENTHOL: 1 mg. "tar", 0.1 mg. nicotine,
SOFT PACK 100's FILTER, MENTHOL: 2 mg. "tar", 0.2 mg. nicotine,
av. per cigarette by FTC method.

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Wooden wagon, plush puppy and pinwheel included extra charge. Doll shown smaller than actual size o seated in wagon.



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"Our whole family is in prison," Tammy Faye laments. "Jim, me, Tammy Sue and Jamie."



J.L. Atlan/Sygma

(continued from page 90) doesn't blink when I mention Jessica Hahn. "Yes, it's all right, I've forgiven her," she says matter-of-factly. She recalls that just before the scandal was about to break, Jim gathered his courage and told all to her.

She pauses. Tears seem always just to be waiting behind those huge blue eyes, and now she tries to dab them away. "'I love you,' he kept saying. 'It's going to be okay.' I asked some pretty gross questions, and he answered everything.

"Well, I could see that it was a fifteen-minute thing in a hotel, and it was a hideous experience for Jim. Afterward, he ran out of the room and bathed and scrubbed until his skin was raw. He felt total remorse and went to see a psychiatrist friend of ours where he lay on the floor for two hours, sobbing and begging God's forgiveness.

"I have never known Jim to look at another woman, *ever*. But our marriage was hurting then." (Reportedly, she herself had just ended a flirtation with country singer Gary Paxton.) "I believe Jim committed adultery to get even with me. When I finally saw photographs of her in magazines," Tammy says with an air of triumph, "Jessica Hahn was a skinny, very ordinary-looking woman. That soothed my heart. She did not make me feel dowdy, like I often do."

Heaving a sigh, she smiles bravely. "These things happen, I think, in almost every marriage. But if you really love your husband and you feel the good things outweigh the bad, forgive him and move on."

Her shaky marriage hasn't been the only gossip that's dogged Tammy. Did she realize, I ask her, that according to one scandal sheet, she was at this very moment being treated at the Betty Ford Center again for tranquilizer addiction? "I'm in Betty Ford right now?" she asks. "I'm not sitting here with you? See, that's a totally made-up lie. They hit you when you're down because they think you won't retaliate. I haven't been back to Betty Ford. I don't take any drugs now."

She also scoffs at widely published claims that Jim is gay. "There is no way in the world that he could be homosexual," she says. "I ought to know."

But most infuriating of all to Tammy are the rumors that her makeup is less than perfect. "No matter what they print," she says heatedly, her hands clenched in defiant little fists, "no reporter has ever seen me with black tears running down my face, because I always use waterproof mascara." She sleeps in full makeup every night, and her signature false eyelashes are wondrously durable. "I take all of them off about once a month," she says. "You know, all the magazines say false eyelashes are coming back, so I've won, haven't I?"

A tiny frown creases her brow. "My mascara does not hurt anyone in the world," she adds fretfully. "Besides, I wish people would look beyond my makeup and into my heart to see the love I have for humanity."

Family problems

If Tammy Faye is bearing up, her children have shown signs of strain. The couple's son, Jamie, sees a professional counselor and has dropped out of school to take up supervised "home studies" in his bedroom. "I would pick him up every day from school, crying," Tammy Faye says. "The other kids were kind to him, but even kindness can hurt. Like they would say, 'Jamie, why don't you go ask your mom and dad—oh, I mean ask your *mom*.' He'd say to me, 'Mom, they act like Daddy's dead.' He feels insecure now, and if I'm gone from the house too long . . . Well, like last night I stayed late at a board meeting, and he was so worried that he stood outside on the curb until midnight waiting for me."

She has also had her problems with her daughter, Tammy Sue, who eloped three years ago with a Heritage USA lifeguard. The surprise marriage strained family relations; but last year Tammy Sue gave birth to a son, and now, according to his grandmother, "Everything is going fine.

"Still, my daughter is hounded by the tabloids," she adds. "They say that she's impoverished, that I won't help her out with money and that she has considered posing nude for *Playboy* to get $175,000. All lies. I've often said to Jim on the phone, 'You know, honey, our whole family is in prison—you, me, Tammy Sue and Jamie.' "

How does Tammy cope with all these woes? "One day at a time," she replies. "For anyone like me going through trauma, you don't look a week ahead; make it through that day. I'm not a suicide person, but I am often tempted to find a tiny little spot somewhere, become a nonentity and let the fame die out."

On her own

Not surprisingly, Tammy Faye stands by her man, insisting he's not guilty. "Absolutely not, not as far as I know," she says. "Jim was framed. And forty-five years is a *life* sentence, because he's fifty. If people want to help, there's an appeal fund in Orlando."

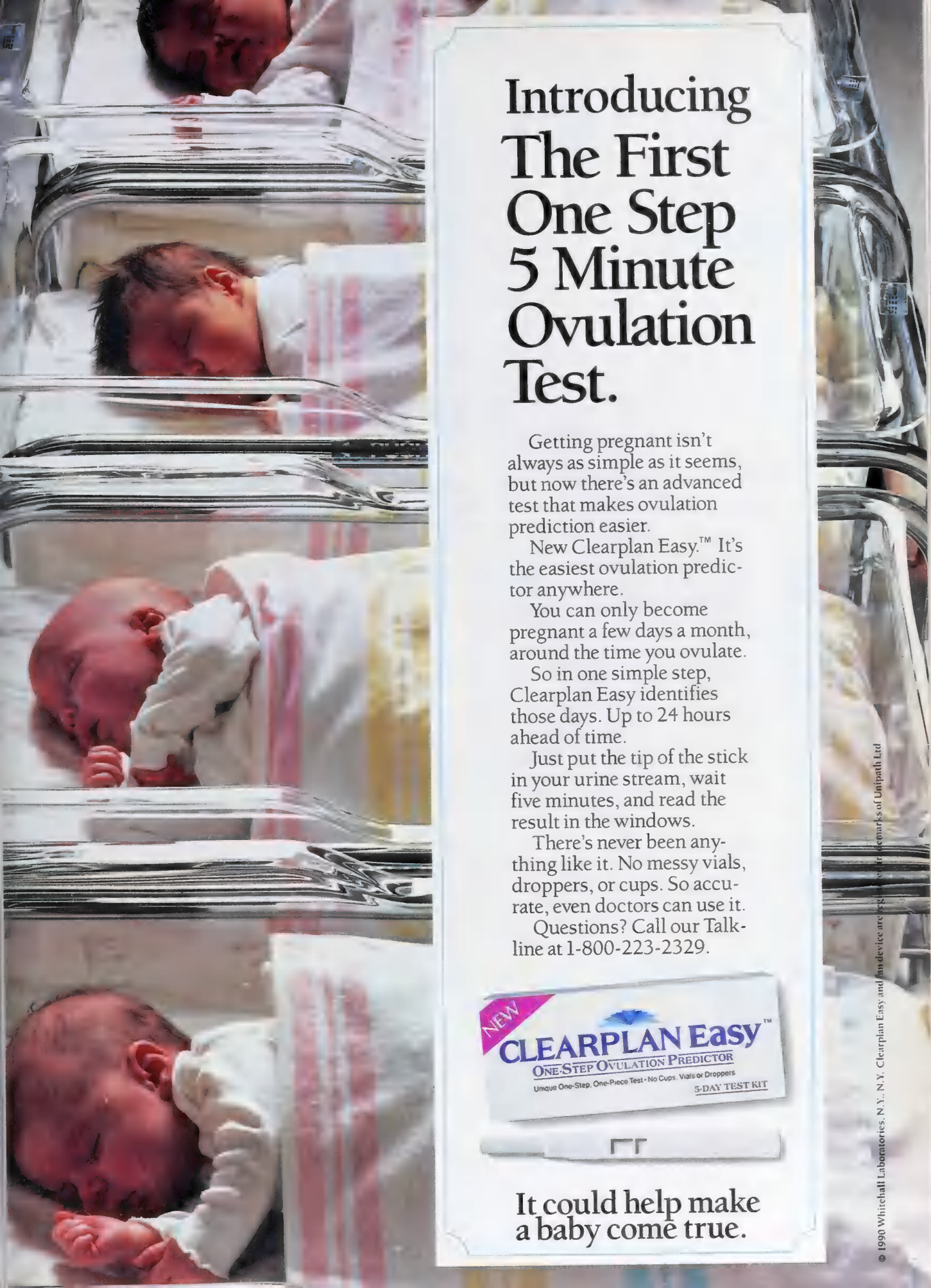
It's true that Jim Bakker's sentence was thought to be unduly harsh by many lawyers, and even by some of his enemies. Bakker is appealing the conviction, and he could be paroled in as few as ten years.

As shattering as their disgrace was, however, Tammy believes the suffering has changed her for the better. "I've grown into a woman through this," she declares, "a strong woman. I always felt that I would crumble if anything went really wrong. I always pictured myself as Raggedy Ann, the rag doll, tiptoeing around to avoid beautiful women, and I still kind of do.

"But I'm no longer that weak little thing," she says firmly as we leave the restaurant. "I can drive my own car, pump gas, pay bills, run a ministry. I even plan to go back on TV. I can learn to make it by myself. I'm no feminist, but I think a woman should never take a backseat to a man."

She smiles demurely and walks off, the little bustle swaying in a perky, slightly defiant, somewhat pathetic farewell. Tammy Faye Bakker may be in twilight, but she's doing her damnedest to find a new day. ■

Cliff Jahr is a contributing editor of LHJ and the author of the best-selling book "Detour," about Lana Turner's daughter, Cheryl Crane.



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LHJ USA

HOUSE TOUR



The Clintons show off the recently refurbished foyer that leads to their private quarters upstairs. Steeped-in-tradition touches include a two-hundred-year-old crystal chandelier brought from France—piece by painstaking piece

Inside the GOVERNORS' MANSIONS

THE WELCOME MAT IS ALWA
OUT WHEN THE HOUSE YOU
CALL HOME IS ALSO A PUBLI
MUSEUM. HERE'S HOW THRE
STATES' FIRST FAMILIES GIVE
A GRAND, FORMAL RESIDENC
PERSONAL APPEAL. BY LAUR
PAYNE, DECORATING EDITOR



ept for the cozy breakfast room (above), where the Clintons relax with the morning er and coffee, the rooms are furnished with state-owned pieces. Below, le scenes on each dining-room chair were needlepointed by local craftswomen

ARKANSAS

Home sweet home for Governor Bill Clinton and his wife, Hilary, is the beautiful red-brick Georgian Colonial–style governor's mansion in Little Rock. What's it like living in a house that draws twenty thousand visitors each year? "You get used to the idea—eventually," says Hilary, an attorney who works full-time, so she's (luckily) not always home when the residence is open for tours. Five household staff members help the Clintons prepare for official luncheon and dinner functions (often five days a week!); but for nights off, when it's just the family, Hilary often does the grocery shopping with ten-year-old daughter Chelsea, then sits back while Bill cooks dinner. His specialty? Omelets.

Designer, W. Randall Byars, A.S.I.D. Floral designers, Imogene Miller and Jo Krallman. Details, page 119.



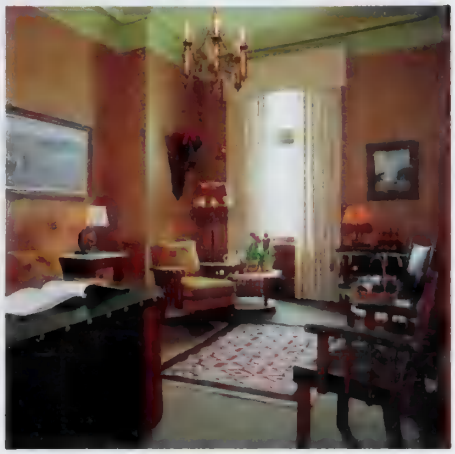


In the spacious living [illegible] where Governor and Mrs. Sullivan entertain, their golden retriever Cacy [illegible] amid Native American dolls, [illegible] rugs and twig furniture





Hand-stitched onto the velvet chairs and arranged in a silver urn from the U.S.S. *Wyoming*, wildflowers indigenous to the state dress up the dining room



Pride of Wyoming: The governor's den in the historic executive mansion in downtown Cheyenne boasts rustic-style furniture—all crafted in the state

LHJ USA HOUSE TOUR

WYOMING

"We're the envy of all the other governors' houses," says Jane Sullivan. Why? Since tours are conducted only at the historic mansion, the Wyoming Governor's residence is a bit less hectic than most. Jane and her husband, Governor Mike Sullivan, enjoy a state-owned residence that's also a home on the range—a sprawling ranch house in Cheyenne. Set on ten acres, the ranch has just one drawback, Mike says: "There's nobody close by to borrow a cup of sugar from." The Sullivans' three grown children have a different gripe—they remember that they could never sneak in past curfew without being spotted by the security guard standing sentry at the door.

Floral design by Hutchins Flowers & Greenhouse. Native American rugs, Old West Museum; sculptures by Harry Jackson; oil painting by Conrad Schwiering; Indian dolls by Bob Spoon Hunter. Rooms designed by Linda Morgan Interior Designs. Details, page 119.



The Sullivans don Western wear in the spirit of their surroundings. From the entryway, visitors catch a glimpse of best-of-the-West furnishings

Michael Jensen



the state dining room,
ll-masted ships set sail on
e hand-painted canvas
all mural depicting scenes
f Washington's early days



LHJ USA HOUSE TOUR



One of the few places where the Gardners' personal furnishings are allowed, the cozy family room is home to Jean's collection of goose decoys and paintings



In the Victorian guest room, O.J. catnaps on a quilt commemorating Washington state's bicentennial. Each square was stitched by a quilter from a different county

WASHINGTON

For Governor Booth Gardner and his wife, Jean, living in a mansion doesn't necessarily mean having unlimited space. Six years ago, the Gardners moved into the eighteen-room Georgian-style home in Olympia. With a common entryway for both the public and their six private rooms, it's sometimes easy for Booth and Jean to feel like guests in their own house. But what the Gardners give up in space they gain in grandeur and convenience—with the capitol building just across the street, the governor can walk to work. He's even been known to come home and fix his own lunch alongside the cooks as they prepare the fare for official functions.

Stylist and floral designer, Linda Humphrey McCallum. Top right: pillows and rugs, Pande Cameron; throw, Scandia Down; apple basket, Made In Washington; green pillows, footstool and frames, Bon Marché.



With their two children grown, the Gardners share quarters with their dog, Moses, and O.J. the cat. The foyer displays paintings by local artists as well as a grandfather clock original to the 1908 mansion

Michael Jensen

FOR THE LOVE OF OLD HOMES

MANY GOVERNORS AND THEIR CONSTITUENTS PUT UP WITH OLD-HOUSE PROBLEMS TO KEEP A PIECE OF HISTORY ALIVE



New Jersey Governor James Florio and his wife, Lucinda, live in a Princeton palace with a Greek Revival facade, Italian marble fireplaces—and terrible plumbing

What do the governors we visited have in common? All live in magnificent homes that are ultraspacious, tastefully furnished and meticulously maintained by the states. Many other governors enjoy such luxury, too. Governor John R. McKernan, Jr., of Maine, resides in spectacular Blaine House (below), one of the oldest governors' mansions, which has been updated several times since it was built in 1833. And Raymond E. Mabus, governor of Mississippi, lives in an 1842 home (right) that underwent a $2.7 million restoration thirty years ago. It's a perfect example of classic Greek Revival style.



Maine's Blaine House has required lots of improvements since 1833: a new roof, new plumbing and a kitchen renovation

BUT NOT ALL GOVERNORS who live in old homes have it quite so easy. New Jersey Governor James Florio and his wife, Lucinda, recently set up house in Drumthwacket (top), the state's official governor's residence. The 15,000-square-foot house, built in 1835, had stood vacant for more than twenty years before the Florios moved in last January. Then, says Lucinda, "the faucets spewed mucky brown broth, the heating system sounded like an airplane taking off, and the chain-link windows opened anytime they wanted to." Yet the Florios are optimistic. "Restoring it is a huge project, but we will persevere," says Lucinda. "The house is just so full of potential."

ACCORDING TO OLD-HOUSE EXPERT Bob Vila, author of *Bob Vila's Guide to Buying Your Dream House* and host of *Home Again with Bob Vila*, scheduled to air in September, "Many people love old homes and are willing to spend the time, effort and money on renovation because the structures offer history, charm and architectural wonders." Yet, Vila stresses, these homeowners must be prepared to deal with the inevitable problems. The Florios have the right attitude. "Patience and hard work are essential when living in an old home, because the maintenance is ongoing," he says. The number-one problem facing old-home owners, says Vila, is insulation. "Old houses traditionally have many leaky windows," he says. But windows aren't the only culprits. "Roof disasters are disturbing to deal with, too, because repairing them can be expensive. Many older homes have wooden gutters. If they were properly cleaned and oiled every season, they should work fine. If not, they'll clog, and water will leak through the ceilings."

SO WHY NOT BUY A NEW HOME and avoid the headaches? According to Vila, there's always a trade-off. Older homes can offer charming details and often larger rooms than you'll find in more contemporary styles. Newer homes are usually better insulated and more energy-efficient. Yet a new house is likely to cost more than an older one; so with the savings you'll reap from buying an older home, you might be able to fix the roof and replace the furnace.



The Mississippi Governor's mansion was one of the few structures left intact after a Civil War attack. It was updated in 1908, in the 1940s and again in 1961

For Vila and thousands of people, the hard work and aggravation of an old home are worth it because the result is authenticity and tradition that are impossible to duplicate. ■

Photos, from top: William Schelter/Schellmark, Inc., Hackettstown, N.J.; Gil Ford Photography; Maine Historic Preservation Commission.

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The serene beauty of Bali is truly inspiring, as are the thousands of temples in which the Balinese worship the spirits of nature. Left: Jennie steals a quiet moment to meditate at the Kupa Kupa Barong Hotel. Banana tank top of Fortrel and cotton by Units. Right: Bali high! A romantic holiday sweeps Jennie off her feet (with a little help from Jim). Just right for strolling the grounds of the lovely Nusa Dua Beach Resort: a long, breezy white skirt and bare tank in cinnabar—both of Fortrel and cotton by Units.

FANTASY ISLAND





nie and Jim take reak from sight- ing on the os of the holiest ctuary, the val Temple at npaksiring, left. cation's the time no-thought- uired clothing. ite's a natural oice when it's ety degrees in shade, and, of urse, it goes with rything. White and banana lking shorts of rtrel and cotton Units. Right: As sun sets dreamy Kuta ach, Jennie kes waves in a nple-but-sexy fit that goes m day to ncing the night ay: white -the-shoulder and long skirt Fortrel and tton by Units.

S. To learn ore about Bali, ntact Natrabu donesian Travel d Tours (800- 8-7228), the donesian Consulate New York 12-879-0600) Garuda donesia Airways 12-370-0707).

ANTASY LAND



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Hot, languorous days make it quite impossible to concentrate on anything more taxing than stretching out on a chaise with a juicy novel. With this in mind, we dreamed up dishes that require little fuss and even less kitchen time. For starters, what's summer without a cookout? Gather the gang for a **GREAT AMERICAN BARBECUE**—the



FOOD JOURNAL

zesty recipes are from the best barbecuers in the country. On the light side, **MAIN-DISH SALADS** are easy to fix and refreshing when the temperature soars. The coolest eats of all? Our **SUMMER MICRO-RAVES**—a slew of splendid entrées and snacks to zap up in minutes. Sit back and enjoy July!









THIS SEASON'S GLORIOUS BOUNTY OF FRUITS AND VEGETABLES INSPIRED SUPPER SALADS THAT TRULY BEAT THE HEAT! TOSS EACH ENTRÉE WITH A GARNISH OF MEAT OR FISH...A SUMMER-PERFECT MEAL IS SERVED

MAIN-DISH SALADS

CHICKEN TONNATO SALAD

(pictured at left)

The tuna-based sauce, from the classic veal tonnato, is an ideal topping for chicken and vegetables. Italian tuna packed in oil gives the most flavor and smoothest texture.

Prep time: 35 minutes **Microwave time: 10 minutes** ◒Ⓜ

Dressing

- **1 can (6½ oz.) tuna packed in olive oil**
- **½ cup mayonnaise or salad dressing**
- **6 flat anchovy fillets packed in oil**
- **2 tablespoons fresh lemon juice**
- **1 tablespoon capers**
- **¼ teaspoon freshly ground pepper**
- **1 tablespoon chopped fresh parsley**
- **¾ pound boneless, skinless chicken breasts**
- **1 pound tiny red potatoes, halved**
- **½ pound green beans, trimmed**
- **½ pound spinach leaves, trimmed**
- **2 cups broccoli florets**
- **2 cups cauliflower florets**
- **1 yellow pepper, sliced**
- **2 cups cherry tomatoes**

Dressing: Process tuna with oil, mayonnaise, anchovies, lemon juice, capers and pepper in food processor until smooth. Stir in parsley. Transfer to bowl. Makes 1¼ cups.

Bring 2 cups salted water to simmer in *(continued)*

Photos, Beth Galton; prop stylist, Linda Cheverton; food stylist, Anne Disrude; painted backgrounds, Wendy Umanoff.

Easy · Challenging · Moderate · Microwave

large skillet. Add chicken, cover and cook until firm, about 10 minutes. Cool in poaching liquid 20 minutes. Remove from liquid and slice thin.

Meanwhile, cover potatoes and microwave in 9-inch microwaveproof pie plate with 2 tablespoons water on High 3 minutes; stir to rearrange. Microwave 3 minutes more or until tender. Rinse in colander under cold water.

Place beans with 1 tablespoon water in pie plate. Microwave covered on High 2 minutes; stir. Microwave 2 minutes more or until tender-crisp. Rinse under cold water.

Arrange chicken, potatoes, beans and remaining ingredients on each of 4 plates. Drizzle with dressing. Serve remaining dressing on the side. Makes 4 servings.

Nutrition info per serving: With 2 tablespoons dressing, 400 calories, 33 gm protein, 15 gm fat, 36 gm carbohydrates, 452 mg sodium, 67 mg cholesterol.

MADRAS SHRIMP SALAD



The Indian-style blend of sweet and savory flavors makes this warm salad with curry dressing worth the effort.

Prep time: 45 minutes
Cooking time: 20 minutes

Curry Vinaigrette
- 2 Golden Delicious apples, chopped
- 1 cup chopped onions
- 1 cup unsweetened apple juice
- 4 teaspoons Madras curry powder
- 2 teaspoons turmeric
- 4 teaspoons cider vinegar
- Pinch salt
- 3 tablespoons olive oil

- ½ cup long-grain rice
- 1 tablespoon currants or raisins
- 1 tablespoon sliced almonds, toasted
- 1 tablespoon sliced green onion
- 1 tablespoon chopped fresh cilantro
- 1 bunch watercress, trimmed
- 1 cantaloupe, peeled, seeded and sliced
- 1 avocado, peeled and sliced
- 1 tablespoon olive oil
- ¾ pound large shrimp, peeled and deveined
- Salt and freshly ground pepper to taste

Curry Vinaigrette: Place apples, onions, apple juice, curry powder and turmeric in large saucepan. Bring to boil; reduce heat to medium-low and cook 15 minutes. Strain into bowl, pressing gently against solids; discard solids. Return juices to pan and cook over medium-high heat until reduced to ¾ cup. Transfer to blender and add vinegar and salt. With machine on, slowly pour in oil until combined. Makes about 1 cup.

Meanwhile, prepare rice according to package directions. In medium bowl mix 2 tablespoons vinaigrette and the currants, almonds, green onion, cilantro and rice. Pack into 4 timbale molds or ½-cup ramekins. Invert onto 4 serving plates. Arrange watercress, melon and avocado on plates.

Heat oil in another large saucepan over medium-high heat. Add shrimp, salt and pepper and cook, stirring occasionally, until shrimp are opaque, about 4 to 5 minutes. Pour 2 tablespoons vinaigrette onto each plate and top with shrimp. Serve with remaining vinaigrette. Makes 4 servings.

Nutrition info per serving: With 2 tablespoons dressing, 435 calories, 20 gm protein, 19 gm fat, 49 gm carbohydrates, 157 mg sodium, 105 mg cholesterol.

CHINESE SLAW WITH PORK



A spicy delight! Use the more common green cabbage if you can't find the tender Napa variety.

Prep time: 30 minutes plus standing
Cooking time: 25 to 30 minutes

Dressing
- 3 tablespoons reduced-sodium soy sauce
- 1 tablespoon rice wine vinegar
- 1 tablespoon minced fresh ginger
- ½ teaspoon grated orange peel
- 3 tablespoons peanut oil

- ¾ pound pork tenderloin
- 1 cup snow peas
- 6 cups thin-sliced Napa cabbage
- 2 cups thin-sliced red cabbage
- 1 cup julienned carrots
- 1 cup julienned green onions
- 1 package (3.5 oz.) enoki mushrooms (optional)

Dressing: Whisk soy sauce, vinegar, ginger and orange peel in large bowl; gradually whisk in oil.

Place pork in roasting pan. Brush pork with 1 tablespoon dressing; let stand at room temperature 30 minu

Preheat oven to 475°F. Roast p 25 to 30 minutes, until meat therm eter registers 155°F. Let stand 5 r utes. Slice meat ¼-inch thick.

Meanwhile, heat water to boilin saucepan. Add snow peas and coo minutes. Rinse under cold water drain. Cut into julienne strips. snow peas, cabbage, carrots and gr onions with all but 1 tablespoon dr ing. Place slaw on each of 4 plates garnish with pork and mushroo Drizzle remaining 1 tablespoon dr ing over pork. Makes 4 servings.

Nutrition info per serving: 255 calories, 22 protein, 13 gm fat, 14 gm carbohydrates, 51 sodium, 55 mg cholesterol.

MINTED COUSCOUS SALAD AND GREENS W GRILLED BEEF



In this versatile salad, fresh snow p or green beans are a fine substi for sugar snap peas.

Prep time: 45 minutes plus standing
Cooking time: 6 to 10 minutes

Dressing
- ½ cup chopped fresh mint
- ½ teaspoon grated lemon peel
- 3 tablespoons fresh lemon juice
- ½ teaspoon minced garlic
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ⅓ cup olive oil

- ¾ pound flank steak
- 1 can (13¾ or 14½ oz.) chicken broth
- 1 cup couscous
- ¼ cup chopped fresh mint
- 8 ounces sugar snap peas, trimmed
- ½ head leaf lettuce, torn into bite-size pieces
- 1 bunch (2 cups) arugula, trimmed
- 1 bunch (2 cups) watercress, trimmed
- 1 small head (5½ oz.) radicchio, separated leaves

Dressing: Combine mint, grated l on peel and juice, and garlic, and pepper in small bowl. Gradu whisk in oil until combined.

Brush steak with 1 tablespoon dr ing and let stand at room temperat 30 minutes. Meanwhile, bring chic broth to boil in medium saucepan. couscous, cover *(continu*



Big Rewards

With Easy Cream Cheese Clouds.



EASY CREAM CHEESE CLOUDS *(Makes 10)*

- 1 8 oz. pkg. cream cheese, softened
- ½ c. powdered sugar
- ¼ tsp. vanilla extract
- 1 c. heavy cream
- 1 can cherry pie filling
- chopped nuts (optional)

Mix cream cheese, sugar and vanilla at medium speed on electric mixer. Gradually add heavy cream; mix well. Whip until thickened. ◊ Using the back of a spoon, shape into ten 3½" shells. Place on waxed paper-lined cookie sheet. ◊ Freeze two hours or overnight.

When ready to serve, fill with cherry pie filling. ◊ Sprinkle chopped nuts on top if desired.

e Cream Cheese Recipes
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NABISCO BRANDS

■ MAIN-DISH SALADS
continued

and let stand 5 minutes. Transfer to bowl; fluff with
Cool to room temperature. Stir in remaining mint
tablespoons dressing.

Bring 1 cup water to boil in another medium sauc
Add peas; cook 1 minute or until bright green. Drai
rinse under cold water. Set aside.

Prepare grill or preheat broiler and broiler pan. G
broil steak 3 inches from heat source 3 to 5 minute
side for medium-rare. Let stand 10 minutes, then
thin diagonally.

Combine greens in large bowl. Toss with 3 more t
spoons dressing. Arrange greens, ¾ cup couscous,
and beef on each of 4 serving plates. Drizzle beef
remaining dressing. Makes 4 servings.

Nutrition info per serving: 555 calories, 26 gm protein, 30 gm fat,
carbohydrates, 726 mg sodium, 45 mg cholesterol.

MEDITERRANEAN BEAN AND SWORDFISH SALAD



*For succulent swordfish, grill it just until the fles
easily pierced with a skewer.*

Prep time: 15 minutes plus standing
Cooking time: 10 minutes

Dressing
- **3 tablespoons red wine vinegar**
- **2 teaspoons anchovy paste**
- **1 teaspoon chopped fresh thyme**
- **½ teaspoon minced garlic**
- **¼ teaspoon salt**
- **¼ teaspoon freshly ground pepper**
- **⅓ cup olive oil**

- **¾ pound swordfish steak**
- **1 red pepper, quartered and seeded**
- **2 cans (19 oz. each) cannellini beans, drained and rinsed**
- **½ cup *each* thinly sliced celery and green onions**
- **Curly chicory or endive, for garnish**

Dressing: Whisk vinegar, anchovy paste, thyme, ga
salt and pepper in medium bowl. Gradually whisk in

Brush swordfish and red pepper with 1 tables
dressing. Cover and refrigerate 1 hour or until read
cook. Reserve 1 tablespoon dressing; add beans, ce
and green onions to remaining dressing in bowl. Tos
coat; cover and let stand at room temperature 1 hour

Prepare grill or preheat broiler and broiler pan. Gri
broil swordfish and red pepper 3 inches from heat sou
3 to 5 minutes per side for swordfish, until firm; 5 r
utes per side for pepper, until slightly blackened.

Place beans on platter and top with swordfish
pepper wedges. Garnish platter with chicory. Drizzle
maining dressing over fish. Makes 4 servings.

Nutrition info per serving: 455 calories, 24 gm protein, 23 gm fat, 3
carbohydrates, 940 mg sodium, 35 mg cholesterol.

Recipes developed by Kathy Jackette.

ial rules for Dove Model Contests As seen on page 30

ve Classic Model Discovery is a contest for U.S. women age thirty or over. One entrant n a one-year modeling contract, $25,000 in cash and ■ $5,000 Anne Klein wardrobe. er, complete the entry form, making sure to include all information. Attach to the entry r write the following information on ■ 3" x 5" card: two Dove Beauty Bar wrappers (any ■ fifty-words-or-less statement on "I have camera potential because . . ."; and two t photographs—a close-up head shot and a full-length shot. The photographs must be napshots no larger than 5" x 7".

Dove Model-Beautiful Skin Contest is a contest for U.S. women age thirty or over. Two n in each contest region will win $500 cash toward a Day of Beauty. To enter, complete try form, making sure to include all information. Attach to the entry form or write the ng information on a 3" ■ 5" card: two Dove Beauty Bar wrappers (any size); a statement ning in fifty words or less "Why My Skin Is Model-Beautiful at Age 30+"; and a color up head shot no larger than 5" x 7".

RIES MUST BE RECEIVED BY AUGUST 31, 1990. No responsibility is assumed for ate or misdirected mail or printing errors.

OVE CLASSIC MODEL DISCOVERY

Grand Prize Winner will be selected from among the five regions.

ach of the five regions (EASTERN: CT, ME, MA, NH, NJ, NY, PA, RI, VT; WESTERN: Z, CA, CO, HI, ID, MT, NV, NM, OR, UT, WA; SOUTHEAST: AL, DC, DE, FL, GA, MD, C, TN, VA, WV; CENTRAL: IL, IN, KY, MI, MS, OH, WI; MIDWEST: AR, IA, KS, LA, MN, NB, ND, OK, SD, TX, WY) there will be a Regional Winner and Runner-Up. The five al Winners will come to New York to participate in the Grand Prize Winner selection.

Grand Prize Winner will receive a prize of $25,000; a one-year modeling contract with Model Management, including ■ placement on the 1991 Elite Elegance Division head- and ■ designer wardrobe (valued at $5,000). The Grand Prize Winner hereby agrees to highlight of a three-to-fourteen-day city tour to publicize the contest (transportation and will be provided by Dove Beauty Bar) and agrees to sign the standard Elite Management ment form. Prizes are not exchangeable or transferable; all will be awarded.

h Regional Winner will receive $500 cash toward ■ "Day of Beauty" in her area and a ay trip to New York City, including a visit to Elite Model Management for career eling and participation in a Grand Prize selection mini-pageant. Dove Beauty Bar will le round-trip air transportation, hotel accommodations and meals for four days.

nners-Up will receive ■ year's supply of Dove Beauty Bar and ■ professional makeup kit. ging will be based on judges' perception of: skin quality (1-10 points), overall appear- (1-10 points), articulateness (1-10 points) and motivation for ■■ age 30+ modeling (1-10 points). The contestant with the highest point total will be the Winner. The con- t with the second-highest total will be the first Runner-Up. Judges' decisions are final.

Grand Prize Winner will agree to maintain the same general physical appearance with ct to weight, hair color, hair length and facial features for twelve months after selection. event that physical appearance is not so maintained, the contest sponsors shall have the if they so elect, to remove the Winner and to award the first Runner-Up with the title.

five Regional Winners and Runners-Up will be notified by mail by October 1, 1990.

Regional Winners must consent to be available to participate and render services in ction with a final selection mini-pageant to be held in New York City in November 1990, o participate in photography/taping sessions and media interviews. They also agree, by ng the contest, to grant the sponsors of the contest the right to use their names, graphs, likeness (on film broadcast or videotape) and voices in connection with any otion, publicity editorial and advertising on behalf of Dove Beauty Bar and *LHJ* in ction with the contest. The Grand Prize Winner will also render services in connection additional photography/taping sessions in connection with any promotion, publicity and tising on behalf of Dove Beauty Bar and *LHJ* for the contest and as a participant in the All winners will be required to sign an affidavit on eligibility and ■ release.

photographs and materials submitted become the property of the sponsors (Lever ers Company, Meredith Corporation, Elite Model Management) and will not be returned or owledged. Winners and Runners-Up will be selected by a panel of experts designated by Brothers Company, Inc.

DOVE MODEL-BEAUTIFUL SKIN CONTEST

o winners from each of the above regions will receive $500 cash toward a Day of Beauty. dging will be based on judges' perception of: skin quality (1-10 points), creativity (1-10 s), appropriateness to theme (1-10 points) and neatness and grammar (1-10 points). All ions of the judges are final. The ten winners will be notified by mail by October 1, 1990.

photographs and materials submitted become the property of the sponsors (Lever ers Company, Meredith Corporation, Elite Model Management) and will not be returned or owledged. Winners and Runners-Up will be selected by a panel of experts designated by Brothers Company, Inc.

e ten winners must consent to participate in photography/taping sessions and media views. They also agree, by entering the contest, to grant the sponsors the right to use their es, photographs (on film or videotape) and voices in connection with any promotion, city and advertising on behalf of Dove Beauty Bar in connection with the contest.

trants for both Classic Model Discovery and Model-Beautiful Skin contests should mail es to Dove Classic Model Discovery Contest, PMSI Station, P.O. Box 13341, Bridgeport, 6673-3341. Both contests are open to all female U.S. residents, age thirty or over by the st 31, 1990, deadline, whether or not they have ever had modeling experience. However, oyees and their families of Lever Brothers Company, Inc., Elite Model Management and dith Corporation, and their respective affiliates, subsidiaries and advertising agencies are not ble. Void where prohibited or restricted by law. Taxes on prizes are the sole responsibility e winner. Contest subject to all federal, state and local laws and regulations. Vermont and land residents need not provide Dove Beauty Bar wrappers.

trants may enter both contests, but can win only one of the two contests.

r a list of winners, send a self-addressed, stamped envelope to: Dove Classic Model overy, Suite 1200, 450 Park Avenue S., New York, NY 10016.

Journal Shopping Center

AUTY AND FASHION JOURNAL

ge 29 Top middle: shorts, J. Crew; jacket, Benetton; hat, Makins; tank top, Forenza; belt, Omega; ndals, Cole Haan; chair, Conrans. Middle right: dress, Sisley; earrings and charm bracelet, Les rnard; wood bracelet, Catherine Stein; sandals, Papagallo; sunglasses, Spettacolo, Soho. Bottom t-shirt, Fruit of the Loom; shorts, L.L. Bean; watch, Gitano; sweater, Clifford & Wills. **Page 30** clothes, Anne Klein II. **Page 32** Top middle: chair, Conrans; towel, Ralph Lauren. Bottom left: and pants, Adrienne Vittadini; bag, Ralph Lauren.

NE'S SEARCH FOR TOMORROW

ges 86-87 Suit, Calvin Klein; blouse, Nicole Farhi; earrings, Mish.

SIDE THE GOVERNORS' MANSIONS

ge 98-99 Vase lamp, wool throw, planter, ottoman, W. Randall Byars Interiors, 5919 Kavanaugh rd., Little Rock, AR 72207 **Page 100-101** Plants, Washington Gardens, P.O. Box 3384, Lacey, A 98503. Store information: Pande Cameron, 815 Pine St., Seattle, WA 98101; Scandia Down, 1515 th Ave, Seattle, WA 98101; Made In Washington, 1530 Post Alley, Seattle, WA 98101; Bon rche, 3rd & Pine, Seattle, WA 98111. **Page 102-103** Hutchins Flowers ■ Greenhouse, 2500 rmour, Cheyenne, WY 82001. *Sacajawea*, *Two Champs* sculptures, Harry Jackson. *Winter Etching* painting, Conrad Schwiering. Indian dolls, Bob Spoon Hunter, Wind River Reservation. Rugs, Old st Museum Frontier Park, Cheyenne, WY. Coffee table, Gallery West, Jackson, WY. Mrs. llivan's belt, Charlie G. Hunt, 233 S. Park, Casper, WY 82601; necklace, Main Trail Galleries, ckson, WY 83001. Rooms designed by Linda Morgan Interior Designs, Laramie, WY. Governor's in the Historic Governors' Mansion: ■ Wyoming State site museum, 300 East 21 Street, eyenne, WY 82001; furniture, Thomas Molesworth, Cody, Wyoming.

EAT AMERICAN BARBECUE

ge 122 Photos: Rich Davis, Tammy Ljungblad; Willis Peaden, Tory Chisholm; Chris Schlesinger, san Lapides. **Page 124** Photo: Jim Goode, Terry Vine.

FLANK STEAK SHAKES OFF SALT



Holy cow!

Salt has been dumped and tangy Heinz Vinegar has taken its place.

That's because Heinz White Vinegar is made with pure sun-ripened grains. Then it's double-filter purified for a fresh, clean taste. Best of all, it contains no salt. And no cholesterol.

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Heinz

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MARINATED FLANK STEAK

1/2 cup Heinz Distilled White Vinegar
1/2 cup vegetable oil
4 cloves garlic, minced
2 teaspoons cracked black pepper
1 flank steak (about 1-1/4 pounds)

For marinade, combine first 4 ingredients in jar. Cover; shake vigorously and pour over steak. Cover; marinate overnight in refrigerator, turning occasionally. Broil, 3 to 5 inches from heat source, about 5 minutes per side for medium rare or to desired doneness. Thinly slice diagonally across grain. Makes 4-5 servings.

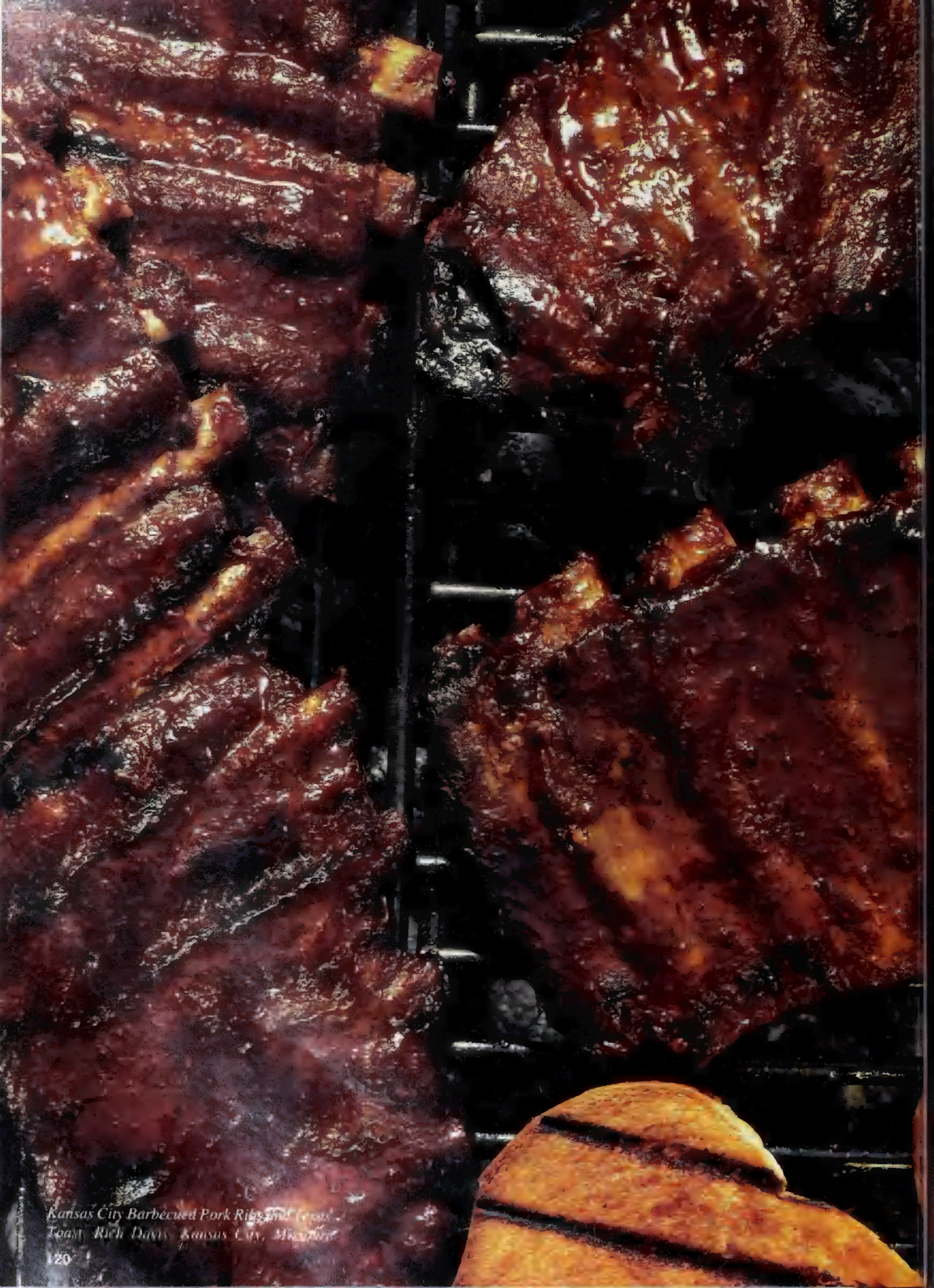


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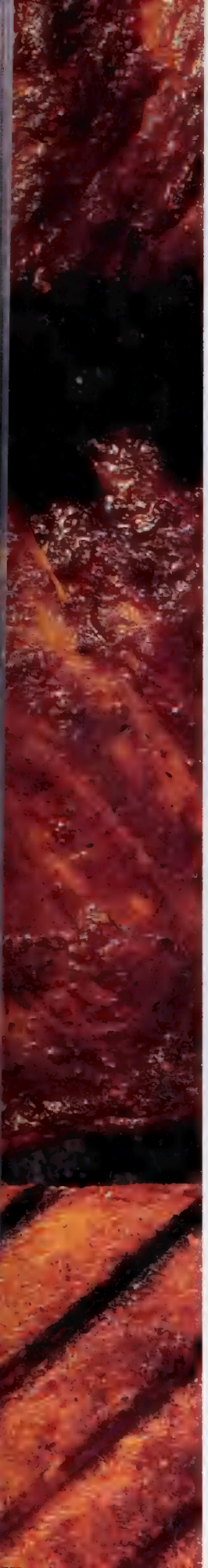


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Kansas City Barbecued Pork Ribs and Texas Toast, Rich Davis, Kansas City, Missouri

GREAT AMERICAN BARBECUE





Tuna with Cucumber-Mango Relish, Chris Schlesinger, Cambridge, Massachusetts



Shredded Pork Barbecue with Eastern Slaw, Willis Peaden, Havelock, North Carolina

Summer just wouldn't be the same without the smoky, tantalizing taste of barbecued foods. But if your grill only goes to work on the usual suspects—hot dogs, burgers and steaks—have we got a treat for you: We rounded up the country's leading experts on barbecuing and grilling (yes, there really *is* a difference) to learn their best-kept sizzling secrets and share their all-time favorite foolproof recipes for ribs, fish, beef brisket and more



Texas-Style Barbecued Beef Brisket and Double-Smoked Sausages

Easy ● Challenging
◒ Moderate Ⓜ Microwave

Recipes pictured on pages 120 and 121. For important tips on barbecuing and grilling, see page 126.

KANSAS CITY BARBECUED PORK RIBS
Rich Davis, Kansas City, MO



Rich Davis is the creator of K.C. Masterpiece Barbecue sauces and the K.C. Masterpiece Barbecue & Grill restaurants in Kansas City and St. Louis. He has written several books, including "The All-American Barbecue Book" (Random House, 1988). His motto is, "Cook it low and smoke it slow."

Prep time: 1 hour
Cooking time: 3 to 4 hours ◒

Dry Rub
- 2 tablespoons garlic powder
- 2 tablespoons paprika
- 1 tablespoon onion powder
- 1 tablespoon celery salt
- 1 tablespoon sugar
- 1½ teaspoons salt
- 1 teaspoon turmeric
- ½ teaspoon ground red pepper
- ½ teaspoon freshly ground pepper

- 3 racks pork loin back ribs (2-2½ lb. per rack)
- 1 cup prepared barbecue sauce

- 10 pounds charcoal briquettes
- 2 cups hickory or pecan wood chips

Prepare grill (see tips on page 126). Soak wood chips in water to cover. Meanwhile, mix all dry rub ingredients together in small bowl; rub over ribs until thoroughly coated. Place ribs on prepared grill directly over drip pan. Cover and slowly smoke ribs over low fire (200°F.–225°F.) 3 to 4 hours, replenishing charcoal and wood chips as needed. During last hour of cooking, baste with barbecue sauce every 15 minutes. Serve with additional sauce if desired. Makes 9 servings.

Nutrition info per serving: 955 calories, 68 gm protein, 70 gm fat, 8 gm carbohydrates, 1,286 mg sodium, 278 mg cholesterol.

DAVIS'S EXPERT TIPS

■ **Perfectly cooked ribs should have a touch of char on the end, a darkened, almost crisp coating on the outside, and a juicy interior.**

■ **Food will cook much faster on a hot day than on a cool evening, so be careful to check the temperature of your grill and monitor your fire accordingly. If it's windy, you may need to adjust the air vents so the fire doesn't burn too hot.**

■ **One of Davis's best-loved accompaniments for his ribs is his Kansas City version of Texas Toast. It's prepared by stirring a couple of teaspoons of barbecue sauce into a stick of melted butter, brushing the mixture on a thick slice of white bread and toasting the bread on the grill.**

SHREDDED PORK BARBECUE WITH EASTERN SLAW
Willis Peaden, Havelock, NC



A veteran of the Carolina Telephone Company, Willis Peaden became a barbecue champ in his spare time, winning dozens of trophies in competitions. Peaden likes his pork shredded on a soft bun with Eastern Slaw, a side of hush puppies and a tall iced tea.

Prep time: 1¾ hours
Cooking time: 7 hours ◒

- 1 Boston pork butt (shoulder), about 6 lb.
- 2 tablespoons salt

Eastern-Style Sauce
- 1 cup cider vinegar
- ¼ cup water
- 1 tablespoon salt
- 1 tablespoon red pepper flakes
- ½ teaspoon ground red pepper

- 10 soft hamburger rolls
- 10 pounds charcoal briquettes

Prepare grill (see tips on page 126). This recipe does not use wood chips. Rub meaty side of pork with salt 1 hour before cooking.

Eastern-Style Sauce: Combine all ingredients in small saucepan and bring to a simmer. Remove from heat and set aside.

Place pork directly over drip pan in prepared grill. Cover and cook 7 hours, until meat thermometer reads 165°F. to 170°F. at thickest part of pork butt, replenishing charcoal as needed. During the last 2 hours of cooking, baste pork with sauce.

Remove pork from the grill and let stand until just cool enough to handle. Pull meat from fat and bones. Shred meat with fingers or chop. Mix with about ¼ cup sauce to moisten. Place about 1 cup shredded pork on bottom half of each bun. Top each with ½ cup Eastern Slaw (recipe follows). Makes 10 servings.

Nutrition info per 3-ounce serving: 665 calories, 55 gm protein, 38 gm fat, 23 gm carbohydrates, unavailable due to variables of sauce and salt, 2 cholesterol.

EASTERN SLAW
North Carolina Pork Producers Associati

Total prep time: 20 minutes

- 1 large head green cabbage, shredded
- ¼ cup minced green onions
- 2 cups mayonnaise or salad dressing
- 2 tablespoons plus 2 teaspoons sugar
- 2 tablespoons plus 2 teaspoons cider vine
- 1½ tablespoons celery seed
- ½ teaspoon salt

Combine cabbage and green onio large bowl. Mix remaining ingredie small bowl until smooth. Drizzle cabbage mixture and toss well. Refr ate until ready to serve. Makes 11 c

Nutrition info per ½ cup: 165 calories, 1 gm p 16 gm fat, 5 gm carbohydrates, 275 mg sodium, cholesterol.

PEADEN'S PRO ADVICE

■ **Don't trim the fat until you serve the mea constantly bastes and moistens the meat as it during barbecuing.**

■ **Rubbing the meaty side of the pork butt with salt about an hour before cooking draws water surface. This helps to tenderize and flavor the**

■ **In North Carolina, barbecue means one pork. The whole pig or shoulder is cooked charcoal or hard wood, such as hickory or oak, open pit and basted with sauce. Residents west side of the state swear by a tomato-sauce. But Peaden, from the eastern side, p a vinegar-based sauce with red peppers.**

TUNA WITH CUCUMBER-MANGO RELISH
Chris Schlesinger, Cambridge, MA



Chris Schlesinger, a Culinary Institu America graduate, opened East C Grill, in Cambridge, in 1985. Origi from Virginia, Schlesinger conside his mission to spread the word to Northeast about the difference bet grilling foods and barbecuing. He sp year sampling barbecue from Miss Texas and the Carolinas before ope Jake and Earl's Dixie B-B-Q, als Cambridge, in 1987. His new book is Thrill of the Grill" (William Morrow

Prep time: 20 minutes
Cooking time: 4 to 8 minutes

Relish
- 1 medium cucumber, peeled, seeded an diced in ¼-inch pieces *(contin*



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■ BARBECUE

continued

1 slightly underripe mango (about 1 lb.), peeled, pitted and diced i
¼-inch pieces
1½ teaspoons minced garlic
1½ teaspoons minced red or green chili peppers
½ cup pineapple juice
2 tablespoons fresh lime juice
2 tablespoons chopped fresh cilantro
2 tablespoons red wine vinegar
½ teaspoon cumin
½ teaspoon curry powder
Salt and freshly ground pepper to taste

4 tuna steaks (8 oz. each), ¾-inch thick
2 tablespoons vegetable oil
1 teaspoon *each* salt and freshly ground pepper
Lime wedges, for garnish

Relish: Combine cucumber, mango, garlic and chili pepper medium bowl. Add remaining ingredients and mix well. Co and refrigerate up to 1 hour.

Prepare charcoal grill or preheat gas grill on medium-h flame. Rub tuna steaks with oil, salt and pepper. Grill o medium-hot coals 2 to 3 minutes per side for medium-rare, 4 minutes for well done. Serve each steak with a moun relish. Garnish with lime. Makes 4 servings.

Nutrition info per serving: 470 calories, 54 gm protein, 18 gm fat, 21 carbohydrates, 645 mg sodium, 86 mg cholesterol.

SCHLESINGER'S GRILLING HINTS

■ When grilling, the food is placed a few inches above the fire. The goal concentrate the juices in the middle of the food while searing the outsid general, grilling is suitable for foods that are tender and cook quickly. Barbec on the other hand, consists of placing a large cut of meat in a closed pit allowing it to cook indirectly by the smoke from a wood fire. It seems to l been created expressly to turn large, tough, inexpensive cuts of meat, suc beef brisket and pork shoulder, into tender eating.

■ Tuna is an outstanding fish to grill because of its firm texture, and the sw and sour flavors of the relish stand up to its strong character. Schlesinger pre the fish on the pink side: "Tuna done rare takes on some of beef's qualitie texture and taste. If you've never tried tuna this way, give it a shot. You always throw it back on the grill if it's not to your liking."

■ At East Coast Grill, Schlesinger likes to serve his tuna with grilled corn on cob. He removes the silk but leaves the husk and soaks the corn in water to c for 15 minutes. He then places the corn on the grill over a medium-low flame 15 minutes. The soaked husks prevent the kernels from burning, and w heated they provide steam to cook the corn.

TEXAS-STYLE BARBECUED BEEF BRISKET

Jim Goode, Houston



In Texas, brisket is cooked over a slow fire for more than hours. If you don't have the patience to tend the fires, LH version lets you finish the brisket in the oven after four hours the grill. We used the mop sauce—and advice—of Texan J Goode, a self-taught barbecue expert whose four restaura are Houston institutions.

Prep time: 45 minutes
Cooking time: 4 hours grilling plus 6 hours baking



oode's Mop Sauce
slices bacon, minced
cup minced onions
cups beef broth
cup vegetable oil
lemon, quartered
tablespoons chopped fresh thyme or 1 teaspoon dried
teaspoon *each* salt and freshly ground pepper

ub
tablespoons seasoned salt
tablespoon cracked black peppercorns
tablespoon cracked white peppercorns
tablespoon garlic powder
tablespoon onion powder
tablespoon paprika

hole beef brisket (9-10 lb.), trimmed

ablespoon sugar
ablespoon distilled white vinegar
ounds charcoal briquettes
ups mesquite wood chips

are grill (see tips on page 126). Soak mesquite chips in r to cover.

Sauce: Meanwhile, cook bacon in medium skillet over ium heat until translucent, about 2 to 3 minutes. Add ns and continue cooking until onions are lightly browned, it 5 minutes. Transfer bacon and onions to medium sauce- add beef broth, oil, lemon, thyme, salt and pepper. Simmer low heat to blend flavors, 15 minutes. Set aside.

Rub: While sauce is simmering, combine all ingredients in l. Rub dry rub over entire brisket until coated. Sprinkle ket on both sides with sugar, then vinegar.

ace small pan filled with water on 1 side of grill bottom. s produces steam to help tenderize meat.) Place brisket on directly over drip pan. Cook covered 2 hours, turning once way through. Continue cooking covered 2 hours more, basting with mop sauce and turning every 30 minutes.

Preheat oven to 250°F. Wrap brisket tightly in heavy foil and place in roasting pan in oven. Bake 6 hours or until tender enough to cut with a fork. Carve meat in thin slices across grain and serve with smoked sausages (recipe follows).

Nutrition info per 3-ounce serving: 360 calories, 20 gm protein, 30 gm fat, 1 gm carbohydrates, 300 mg sodium, 81 mg cholesterol.

TEXAS-STYLE DOUBLE-SMOKED SAUSAGES

Prep time: 5 minutes
Cooking time: 2 hours

3 pounds assorted smoked beef or pork sausages
Mesquite wood chips

During last hour of grill-smoking the beef brisket, place ¼ cup more mesquite wood chips on each pile of hot coals in the grill. Place sausages on grill with brisket, cover and slowly smoke.

Remove meats from grill and wrap tightly in heavy foil. Reheat in 250°F. oven with brisket during last hour of cooking. Makes 12 servings.

Nutrition info per serving: 460 calories, 26 gm protein, 38 gm fat, 2 gm carbohydrates, 1,776 mg sodium, 81 mg cholesterol.

GOODE'S GOOD ADVICE

■ **A brisket is ready when the fat starts to roll off. But don't cook the meat so long that you can pull off all the fat with your fingers. A perfect brisket should be easy to slice and chew.**

■ **The brisket is breast meat and consists of two parts—one with a lot of fat on top, and one extra-lean piece on the bottom. Separate the two before cooking.**

■ **The secret to superior Texas-style barbecued brisket? Don't be in a hurry. You must constantly monitor the smoke, and if you're impatient or distracted, you won't achieve ideal flavor.** ■

Researched by Julia Pemberton.



INSIDE THE JOURNAL KITCHEN

You asked for it

Dear Readers:

This feature has proven to be such a hit that even Journal staffers have gotten into the act. Text Editor Nina Keilin recently requested the recipe for the wonderful blueberry muffins she ate at the Publick House in Sturbridge, Massachusetts. When we tried them, we liked them so much we wanted to share the recipe with you.

Blueberry thrill

Preheat oven to 400°F. Grease eighteen 2½-inch muffin-pan cups. Sift 2¼ cups all-purpose flour, 1 tablespoon baking powder and 1½ teaspoons salt in bowl. Combine 2 large eggs, ½ cup plus 2 tablespoons sugar, ½ cup vegetable shortening, melted, and ½ cup milk; whisk until smooth. Stir dry ingredients into egg mixture with rubber spatula just until combined. Fold in 1½ cups blueberries. Spoon batter into prepared muffin cups.

Bake 15 to 20 minutes, until toothpick inserted in center of muffin comes out clean. Immediately remove muffins from cups. Serve warm or cool on wire racks. Makes 1½ dozen.

HOW TO BUILD A BARBECUE FIRE

REMEMBER, TRUE BARBECUE USES INDIRECT-HEAT COOKING, WHERE THE FOOD DOESN'T REST DIRECTLY ABOVE THE COALS. BELOW, EASY-TO-FOLLOW STEPS TO RE-CREATE AUTHENTIC BARBECUE FLAVOR IN YOUR HOME KETTLE GRILL.

(If using a gas grill, consult manufacturer's directions for indirect cooking and smoking.)

✪ About 45 minutes before you begin to cook, soak 2 cups of wood chips in water to cover. ✪ Place a disposable foil roasting pan in center bottom of grill. ✪ Open all grill vents. ✪ Arrange 20 charcoal briquettes on each of two opposite sides of the pan. Ignite the charcoal. ✪ When white ash begins to form on the charcoal, remove 5 of the coals from each side with a garden trowel or long-handled spoon and store in a large clay flowerpot lined with foil or in a lined tin can. Top with 6 fresh briquettes. (You'll use these hot coals to replenish the grill. Keeping the temperature inside the grill at a constant 200°F. to 225°F. is essential for even cooking.) ✪ When remaining coals in the grill are completely covered with white ash, add ¼ cup drained wood chips to each side. When white ash forms on chips, close all vents halfway. ✪ Add the meat, cover the grill and cook. After 45 minutes, add 4 to 5 hot coals from the flowerpot to each side of the grill. Add coals every 40 to 45 minutes; add fresh briquettes to flowerpot each time. If smoking meat, also add ¼ cup drained wood chips to each side every 40 to 45 minutes. (Position the cooking grill of your kettle grill with the handles directly over the coals, so you can add extra briquettes through the wide openings under the grill handles.)

Additional hints: ✪ Invest in a good grill thermometer so you can properly monitor the temperature inside the grill. Be sure to place it on a side of the grill that is not in direct contact with the coals. ✪ You can also control the temperature inside a kettle grill by opening and closing the vents. Open vents will feed the fire and cause it to burn hotter—ideal for grilling—while closed vents will lower the heat of the coals. When barbecuing and smoking, vents should be opened halfway.

recipe index

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. Advertisers' recipes appear in boldface. Recipes marked with an asterisk include microwave instructions.

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n the kitchen, you can prepare them fast fast.
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New microwaveable Twice Baked Potatoes can
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Ore-Ida Ore-Ida New Ore-Ida Twice Baked Potatoes



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TRAVEL JOURNAL

LIGHTS, CAMERAS AND LOTS OF ACTION

Can E.T. resist the urge to phone home and live happily earthbound amid the palm trees and balmy breezes of Central Florida? Universal Studios, which is using the world-famous film character as the figurehead for its new Orlando attraction, sure thinks so. Following Walt Disney World's Disney/MGM Studios into an area that has already been nicknamed "Hollywood East," Universal's $600 million movie-production and entertainment complex—near the intersection of Interstate 4 and the Florida Turnpike—is billed as the largest studio outside Hollywood. Whether or not E.T. will give Mickey Mouse a run for his money remains to be seen, of course, but the four-hundred-forty-acre facility has plenty to offer amusement park lovers and moviegoers alike.

The main draw will be Universal's full-scale "back lot," which includes replicas of such well-known locations as Hollywood Boulevard, San Francisco's Fisherman's Wharf and New York's Penn Station, in addition to fifteen exciting rides and shows. "Instead of creating a reflection of experience, as we do in films, we will be creating the experience itself, and you'll get to live inside it," says film director Steven Spielberg, the park's creative consultant. Here's a sneak preview:

E.T. Adventure Perched on dirt bikes, guests are recruited to help the gentle alien get home. To elude the p officers and scientists in pursuit, bikes rise and "fly" over a redv forest before whisking riders to the ing Green Planet, where E.T. rev everything with his heartlight.

Kongfrontation King Kong shuns Empire State Building and the W Trade Center for another Manha landmark: the Fifty-ninth St Bridge, housed here in the wo largest (seventy-one thousand sq feet) soundstage. Guests, trapped mock-up of the adjacent Roosevel land aerial tram, watch as the th story ape swats some buzzing heli ters and then closes his huge, h hands around the tram itself—blas everyone with banana breath.

Jaws A covered pontoon boat t guests on a leisurely cruise of A Harbor—at least until that telltal pierces the water. The three-ton n eater attacks the boat repeate shaking it in its jaws before the tain grabs a grenade launcher and

Other highlights include the S shine State's first Hard Rock housed in a guitar-shaped build Mel's Diner, the original *Amer Graffiti* drive-in, where guests wil served while seated in vintage fi autos; Earthquake, a new versio Universal's 8.3-on-the-Richter-S sensation; and, coming in 1991, B to the Future, a trip through time en in motion simulators disguise DeLorean sports cars. Admissio $29 plus tax for ages twelve and $23 plus tax for kids three to ele children under three are free. Two- tickets and group rates are also av able; call 407-363-8000.

For those seeking lodging near U versal Studios Florida, the Peabo about three miles south of the par bustling International Drive—is good bet. The twenty-seven-story tel, opened in 1986, is hard to miss large-scale replica of its trademar mallard duck, is affixed to the sid the building. A highlight at the H body is its twice-daily "Royal D March," during which five mall ducks are paraded along a red ca leading to the lobby fountain to tune of John Philip Sousa's "King ton March." The hotel is also kn for its fine restaurant, Capriccio, s cializing in Northern Italian cuis Among other amenities: a dou Olympic-size pool, lighted ten courts and a Nautilus-equipped ath ic club. Call 800-PEABODY for ra For information on other attracti and accommodations in the Gre Orlando area, call the Orlando/Ora County Convention and Visitors reau at 407-363-5871.

—DEAN LAMAN

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COOK OUT INDOORS — THE HEALTHY WAY

Are you one of the millions of Americans who loves to barbecue — but not only in summer? Then the Contempra Indoor Electric Char-B-Que is for you. Constructed of beautiful stoneware and measuring 15"x11¾"x4¼", this barbeque provides a 150 square inch cooking area, large enough for the entire family or for company. This energy efficient indoor electric grill has a unique reflector system that directs heat at the food, while fat drippings drain through a tray shielded from heat for virtually smokeless cooking. The unique design keeps the stoneware cool enough to handle. Plus, clean-up is a cinch since all parts except the heating unit are dishwasher safe. Instruction booklet with recipes included. U.L. listed; 1-year limited warranty; made in the U.S.A. **$59.98** ($7.00) #A1936.



A PORTABLE GYM TOO GOOD TO BELIEVE



This portable lifeline gym is a 2 pound gym that can tone and shape all the muscle groups in your body in ¼th the time required by barbells. The secret is dynamic variable resistance supplied by it's indestructible design that instantly adjusts from three pds to 350 pds of resistance. Illustrated exercise booklet tells you how to move from one exercise to another. It comes with a 27" lifting bar, breaks down in the middle with stainless steel locking pins, jogging belt, 6½' cable, door attachment and foot stirrups, neatly packed in its own carrying case. In addition, it converts to become a unique treadmill, pulley system and variable resistance machine. **$48.98** ($5.00) #A1937.

INFRAVIB INFRARED HEAT MASSAGER



The Infravib Massager is good news for your aches and pains. This state of the art device combines infrared heat and a powerful wand massager in one unit. Deep penetrating Infrared has two settings and gives fast temporary relief to sore joints and muscles. Massager soothes and relaxes tired and aching muscles. Massager has a long flexible shaft with four massaging attachments (body, acupoint, leg and foot, and scalp) and two massage levels. Try Infravib—it might be just what the doctor ordered. **$89.98** ($6.25) #A1952.

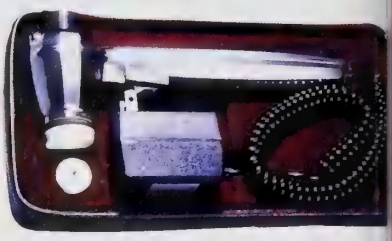


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Health conscious people are concerned about monitoring and promoting their own health and well-being. The Healthmate Electronic Finger Tip Blood Pressure Monitor lets you monitor your blood pressure quickly and easily. Simply inset your left finger into the finger cuff and wait sixty seconds for the digital readout of your blood pressure and pulse. The unique adjustable cuff design gives a customized fit to all finger sizes. The unit, which is portable and lightweight, automatically inflates and deflates to give accurate blood pressure readings. Don't let your blood pressure be a dangerous secret. Make a healthly choice to know the "score". Healthmate makes self-monitoring of blood pressure possible for everyone! Battery included. **$152.98** ($6.00) #A1951.



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The Novafon Sonic Massager from W Germany boasts over one half mil users in Europe and hundreds of spo trainers, physiotherapists, health clinics physicians recommend the Novafon wo wide. That's because mixed frequencie sound (up to 10,000 oscillations per seco penetrate 2¼" beneath the skin to sti late blood circulation and relax stres muscles. Made of light metal alloy, and v no moving parts to wear out, it's compl ly safe. 7½", 8oz., 14" coiled cord exte to 6 ft. Comes with 1 flat, 1 rounded wa able head, handsome carrying case. 1 y warranty. NOVAFON SONIC MASSA **$135.98** ($10.00) #A1953.

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The classic knife sharpening tool is butcher's steel, but most people it intimidating. The Chantry Knife S pener duplicates butcher steel action makes it so simple anyone can sharpen realign a blade edge perfectly in mome As the knife edge is drawn between a of hard (Rockwell 64-65) Sheffield Steel r spring-loaded at just the proper angle, b sides of the blade are aligned. Works stainless or carbon steel knives, straigh serrated edges. The Chantry is made heavily enameled steel, can be counte mounted. It is included in the perman design collection of the Museum of Mo Art. **$34.98** ($5.00) #A1878.

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CREAMY ITALIAN DRESSING

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
¼ cup milk
2 tablespoons red wine vinegar
1 clove garlic, minced
½ teaspoon dried oregano

Combine all ingredients; stir until smooth. Cover; chill. Makes 1¼ cups.

CREAMY DILL DRESSING

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
¼ cup milk
2 tablespoons lemon juice
2 teaspoons dried dill weed

Combine all ingredients; stir until smooth. Cover; chill. Makes 1¼ cups.

CREAMY DIJON DRESSING

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
¼ cup milk
3 tablespoons Dijon mustard
1 tablespoon lemon juice
¼ teaspoon sugar

Combine all ingredients; stir until smooth. Cover; chill. Makes 1⅓ cups.

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CREAMY FRENCH DRESSING

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
½ cup ketchup
2 tablespoons cider vinegar

Combine all ingredients; stir until smooth. Cover; chill. Makes 1½ cups.

CREAMY THOUSAND ISLAND DRESSING

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
⅓ cup chili sauce
3 tablespoons sweet pickle relish

Combine all ingredients; stir until smooth. Cover; chill. Makes 1½ cups.

CREAMY GARLIC DRESSING

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
⅓ cup milk
2 tablespoons cider vinegar
2 tablespoons chopped green onion
2 cloves garlic, minced

Combine all ingredients; stir until smooth. Cover; chill. Makes 1¼ cups.

BEST FOODS®

CREAMY RANCH DRESSING

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
½ cup sour cream
¼ cup milk
1 tablespoon dried parsley
1 teaspoon garlic powder
1 teaspoon onion powder

Combine all ingredients; stir until smooth. Cover; chill. Makes 1⅔ cups.

CREAMY MEXICAN DRESSING

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
1 cup prepared chunky salsa

Combine all ingredients; stir until smooth. Cover; chill. Makes 2 cups.

CREAMY PARMESAN DRESSING

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
¼ cup milk
2 tablespoons cider vinegar
2 tablespoons Parmesan cheese

Combine all ingredients; stir until smooth. Cover; chill. Makes 1¼ cups.

Creamy Caesar Dressing: Add 2 to 4 anchovies, mashed.

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SUMMER



MICRO-RAVES!

WE CREATED SUPER MICROWAVABLE EATS TO ZAP UP FOR THE FOURTH OF JULY OR ANYTIME YOU NEED TO FIX A FUN MEAL OR SNACK IN A FLASH. PLUS, A TEMPTING COLLECTION OF MICRO-TREATS TO COOK UP IN JUST ONE MINUTE

RED, WHITE AND BLUE BANANA-SPLIT PIE

Wickedly delicious! Chocolate chips make the brownie layer extra chocolaty and super-rich.

Prep time: 20 minutes ◯Ⓜ
Microwave time: 14 to 16 minutes

Brownie Layer

- ½ cup butter or margarine
- 2 tablespoons vegetable oil
- ½ cup unsweetened cocoa powder
- 3 large eggs
- 1 cup sugar
- ¾ cup all-purpose flour
- 1 teaspoon vanilla extract
- ¾ teaspoon baking powder
- ¼ teaspoon salt
- 1 cup semisweet chocolate chips (optional)

Blueberry Sauce

- 2 teaspoons cornstarch
- ¼ cup water
- ¼ cup sugar
- 1 pint blueberries
- 1 tablespoon fresh lemon juice

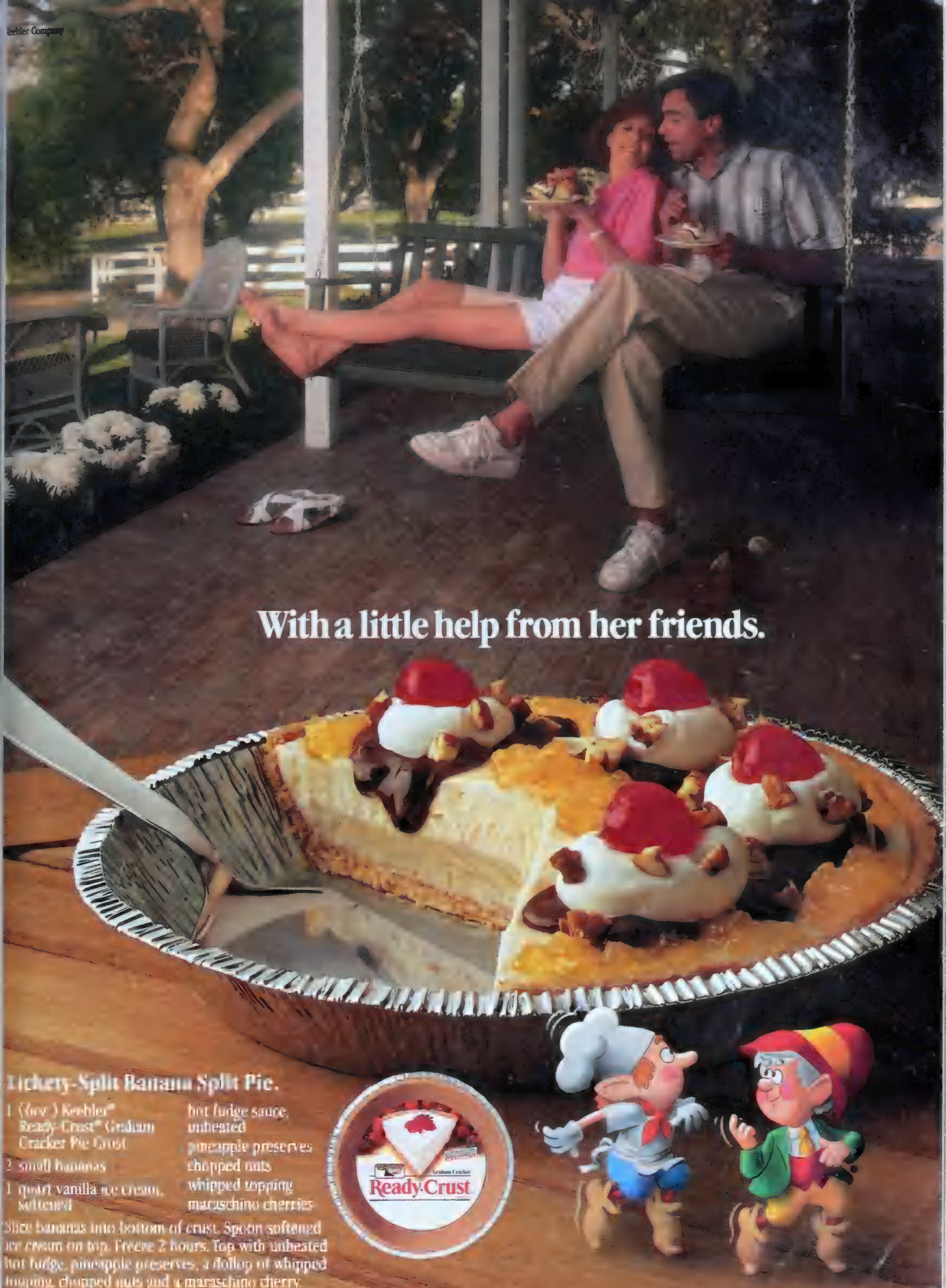
- 4 ripe bananas, sliced
- 4 scoops *each* vanilla, chocolate and strawberry ice cream
- 1 cup marshmallow cream
- 8 strawberries

Brownie Layer: Grease 9-inch microwaveproof pie pan. Microwave butter in large *(continued)*

Photos, David Kiley; prop stylist, Susan Byrnes; food stylist, Helen Taylor Jones.

Keebler Company

With a little help from her friends.



Lickety-Split Banana Split Pie.

1 (6oz.) Keebler® Ready-Crust® Graham Cracker Pie Crust

2 small bananas

1 quart vanilla ice cream, softened

hot fudge sauce, unheated

pineapple preserves

chopped nuts

whipped topping

maraschino cherries

Slice bananas into bottom of crust. Spoon softened ice cream on top. Freeze 2 hours. Top with unheated hot fudge, pineapple preserves, a dollop of whipped topping, chopped nuts and a maraschino cherry.

(continued) microwaveproof bowl on High 1 to 1½ minutes, until melted. Whisk in oil and cocoa until smooth. Whisk in eggs, then sugar, flour, vanilla, baking powder and salt. Stir in chocolate chips. Spread in prepared pan. Microwave on Medium (50% power) 5 minutes, rotating pan halfway through. Rotate again and microwave on High 2 to 2½ minutes more, until center of brownie is firm to the touch. Cool.

Blueberry Sauce: In medium microwaveproof bowl, stir cornstarch into water until dissolved. Stir in sugar and blueberries. Microwave on High 5 minutes or until boiling; stir. Microwave on High 1 minute more. Stir in lemon juice. Serve sauce warm or at room temperature. Makes 2 cups.

Arrange bananas and ice cream on brownie layer. Spoon marshmallow cream on top, drizzle with half the blueberry sauce, and garnish with strawberries. Serve remaining blueberry sauce on the side. Makes 8 servings.

Nutrition info per serving: 650 calories, 9 gm protein, 29 gm fat, 95 gm carbohydrates, 339 mg sodium, 156 mg cholesterol.

SPINACH SALAD WITH MINT AND BACON

We revamped a classic by tossing in fresh-from-the-garden mint.

Prep time: 15 minutes ○ Ⓜ
Microwave time: 3 minutes

- **2 slices bacon**
- **4 teaspoons red wine vinegar**
- **1 tablespoon olive oil**
- **½ teaspoon freshly ground pepper**
- **¼ teaspoon salt**
- **¼ teaspoon minced garlic**
- **8 cups washed, torn spinach leaves**
- **¼ cup chopped fresh mint**

Place bacon on microwaveproof rack and microwave on High 2 minutes. Drain on paper towels; crumble. Pour 1 tablespoon bacon drippings into 1-cup microwaveproof measure and add vinegar, oil, pepper, salt and garlic to make dressing. Microwave on High 45 seconds. Combine spinach, mint and bacon in salad bowl; add dressing and toss to coat. Makes 4 servings.

Nutrition info per serving: 100 calories, 4 gm protein, 8 gm fat, 4 gm carbohydrates, 290 mg sodium, 5 mg cholesterol.





FIRECRACKER BARBECUED CHICKEN

Hot, hot, hot! Combining the microwave and the grill makes for juicier, faster-cooking chicken.

Prep time: 17 minutes plus marinating ○ Ⓜ
Microwave time: 14 minutes

- **4 teaspoons dry mustard**
- **4 teaspoons chili powder**
- **2 teaspoons minced garlic**
- **1 teaspoon red pepper flakes**
- **1 teaspoon freshly ground pepper**
- **½ teaspoon salt**
- **1 chicken (3-3½ lb.), cut into 8 pieces**
- **⅓ cup chili sauce**

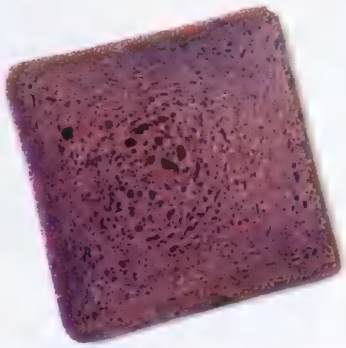
Combine mustard, chili powder, garlic, red and black peppers, and salt in small bowl. Rub over chicken and under skin. Place in 13x9-inch microwaveproof dish; cover and marinate in refrigerator 4 hours or overnight.

Prepare grill or preheat broiler. Cover chicken with wax paper and microwave on High 10 minutes, rotating dish halfway through. Reserve drippings in pan. Immediately grill or broil chicken 10 minutes, turning once, until juices run clear when meat is pricked with fork.

Meanwhile, pour reserved chicken drippings into 2-cup microwaveproof measure. Stir in chili sauce. Microwave on High 2 minutes or until boiling; stir. Microwave 2 minutes more, stirring again halfway through. Serve *(continued)*

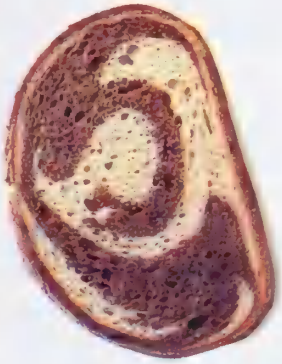






THE GREATEST THING

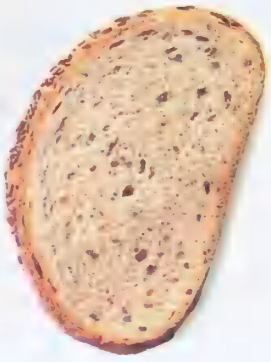






FOR SANDWICHES







SINCE SLICED BREAD.

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(continued) with chicken. Makes 4 servings.

Nutrition info per serving: 495 calories, 46 gm protein, 2 gm fat, 9 gm carbohydrates, 741 mg sodium, 148 mg cholesterol.

CREAMY DILL POTATO SALAD

This is our favorite potato salad. Combine dressing with hot potatoes so they'll absorb more flavor.

Prep time: 20 minutes plus standing ○ Ⓜ
Microwave time: 10 minutes

- **2 pounds baking potatoes, peeled and cut into 1-inch chunks**
- **2 tablespoons red wine vinegar**
- **1 tablespoon Dijon mustard**
- **1 teaspoon salt**
- **½ teaspoon freshly ground pepper**
- **¼ cup olive oil**
- **3 tablespoons minced red onion**
- **½ cup sour cream**
- **½ cup sliced radishes**
- **¼ cup chopped fresh dill**

Place potatoes in 2-quart microwaveproof bowl with 2 tablespoons water. Cover with wax paper and microwave on High 5 minutes; stir. Microwave 5 minutes more, stirring every 2 minutes, until potatoes are just tender.

Meanwhile, whisk vinegar, mustard, salt and pepper together in large bowl. Whisk in oil, then onion. Drain potatoes and add to dressing. Cool to room temperature and stir in remaining ingredients. Makes 4 cups.

Nutrition info per cup: 330 calories, 5 gm protein, 20 gm fat, 34 gm carbohydrates, 693 mg sodium, 13 mg cholesterol.

PEANUT BUTTER AND JELLY COOKIES

If you like the sandwich, you'll love the cookie. To prevent uneven baking, space cookies around the edge of the plate, leaving the center open.

Prep time: 15 minutes ○ Ⓜ
Microwave time: 4 minutes per batch

- **1 cup all-purpose flour**
- **½ cup chunky peanut butter**
- **⅓ cup sugar**
- **¼ cup butter or margarine, cut up**
- **2 tablespoons water**
- **3 tablespoons grape jelly**

Process flour, peanut butter, sugar and butter in food processor until combined. With machine on, add water through feed tube and process until mixture holds together. Roll dough into 1-inch balls. Arrange evenly on two 10-inch round microwaveproof plates. Press center of each cookie with handle of wooden spoon to indent. Microwave 1 plate on High 3½ minutes, rotating a quarter turn after 2 minutes. Press cookies again with wooden spoon. Fill each indentation with ¼ teaspoon jelly. Microwave on High 30 seconds more. Cool completely on plate. Repeat with second plate. Makes 30. ■

Nutrition info per serving: 70 calories, 1 gm protein, 4 gm fat, 8 gm carbohydrates, 37 mg sodium, 4 mg cholesterol.

Recipes developed by Lisa Brainerd.



ONE-MINUTE MICROWAVE DELIGHTS

APPETIZERS, SNACKS, DESSERT TOPPINGS AND MORE THAT ARE READY BEFORE YOU CAN COUNT TO SIXTY!

■ **CHOCOLATE DIP: Combine ¼ cup semisweet chocolate and 2 tablespoons heavy cream in small microwaveproof cup; microwave on High 45 seconds and stir until smooth.**

■ **SAVORY DIP FOR VEGETABLES: Combine 2 tablespoons extra-virgin olive oil, 2 tablespoons butter, 4 minced anchovy fillets and ¼ teaspoon minced garlic in small microwaveproof bowl; microwave on High 1 minute.**

■ **STUFFED MUSHROOMS: Stem 6 mushrooms and fill each with 1 teaspoon garlic-cheese spread; place on paper towel on microwaveproof plate and microwave on High 1 minute.**

■ **CHEESE CANAPÉS: Mix together 1 tablespoon freshly grated Parmesan cheese and 1 tablespoon mayonnaise, and spread on 6 crackers; place on microwaveproof plate and microwave on High 45 seconds.**

■ **NACHOS: Spread 2 cups tortilla chips on microwaveproof plate and sprinkle with ½ cup shredded jack or Cheddar cheese. Drizzle with 1 tablespoon prepared salsa and microwave on High 1 minute.**

■ **QUESADILLAS: Wrap 2 flour tortillas in paper towel and microwave on High 8 seconds. Sandwich ½ cup shredded jack or Cheddar cheese between tortillas, wrap and microwave on High 30 seconds more. Cut into wedges.**

■ **CARAMEL SAUCE: Combine 6 caramel candies and 3 tablespoons heavy cream in microwaveproof measuring cup and microwave on High 1 minute; stir until smooth.**

■ **NUTTY CARAMEL CANDIES: Arrange 12 pecan halves in 3 clusters of 4 on wax paper on microwaveproof plate. Place 1 caramel candy on top of each cluster and microwave on High 30 seconds. Press 1 chocolate kiss on each.**


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JANE PAULEY

continued from page 87

comfortable office at NBC, Jane is sed conservatively in a stylish jacket and skirt with a light gray se. Her demeanor is not one of a impressed star, but rather a regu- working journalist. Her desk is ed under correspondence, memos, azines and videocassettes. Behind chair, an Emmy award is partially ured by a pile of papers, while a o of Jane with Pope John Paul II cked in a corner, barely visible.

"his is my first experience at being " she exclaims, cracking up at the ght. As if on cue, an assistant gs her a diet cola, and Jane says, w long is the line outside my ?" That's classic Jane—unpreten- s and wry.

sked how she feels about becoming ething of an American icon, she s to keep a straight face. "I appreci- the *spirit* of the thought," Jane . "American icons are celebrated being fundamentals: apple pie, llot baseball. Those are humble gs, and I'm honored, certainly, to

ending. So I wondered if it was also time for a professional change.

"If I stayed on the show," she continues, "I knew I would have less time with the twins because they were in school. I didn't feel they'd hold their mother personally accountable for not being there . . . but *I* felt guilty because I didn't have the time and, increasingly, the energy to give to them.

"And, I noticed more and more that I was wired and jumpy because work wasn't being left at the office. That concerned me, because while I could *sound* relaxed if I was reading them a bedtime story, I really wasn't. Kids learn more from example than from anything you say; I'm convinced they learn very early not to hear *anything* you say, but to watch what you do. I'm not Supermom, and we were all doing okay—but by my own standards, that wasn't good enough."

Initially, the thought of leaving *Today* scared her. Jane loved the show, and viewers loved her. Moreover, the program had comprised the bulk of her professional experience. After graduating from Indiana University, she was hired as a reporter on local WISH-TV

Jane makes a face at the suggestion that NBC was waxing her skis for her. "NBC wasn't trying to force me out. I'm not being naive about that: They didn't want to destroy what made the *Today* program work, they just wanted to add something. They assumed that because I had thirteen years of momentum and a certain reputation, Deborah's arrival wouldn't be regarded as an assault on my position."

But the press and public perceived it as exactly that, and NBC did nothing to change that impression. "I felt real awkward about the fact that Deborah and I were viewed to be in competition for my job," says Jane, "and that people thought Bryant was manipulating events behind the scenes. Those accusations simply weren't true.

"You want to know what I think of Deborah? I hold her up as a standard of excellence. I really do. If it had been me getting all that criticism, I would *not* have been functioning professionally. I probably wouldn't have wanted to show my face."



Yet, while Jane wasn't threatened by Deborah's arriv-

en Jane left "Today," husband Garry Trudeau told a pal that "most people in e's position would have left tire tracks on Deborah's back."

n that class." Then she loses it—thoughtful, articulate woman es again into laughter. "I'm sorry, I can't *imagine* being an American ! It would be pretty difficult to look our face in the mirror and think of rself as that without laughing and ting toothpaste all over!

Besides," she adds, "if I were an , I might find myself being poked at in Garry's strip."

Garry," of course, is husband Garry deau, the brilliant cartoonist of the *nesbury* comic strip. The couple at a dinner at Brokaw's house in 3 and married four years later.

ven with the demands of marriage motherhood, Jane didn't find her *ay* schedule such a burden. "I'd be e by noon—which, until the kids ted kindergarten, enabled me to id time with them until late after- n, when my homework for the next s program would arrive from NBC. d all have dinner after that, and I'd n bed at eight," she says.

ut by August 1989, when she en- ed the twins in kindergarten, Jane an to rethink her schedule and her mitment to the *Today* show. It n't just realizing she'd see less of kids. "That's a big moment in any her's life," she says, "and it got me king that a phase of my life was

in 1972, then went to Chicago in 1975 to co-anchor the news at WMAQ-TV. A year later, she was tapped to replace Barbara Walters on *Today*.

"The main thing was, I didn't want to be known as a one-trick pony," Jane says. "I took a vacation and thought about my career, but what happened was that instead of entertaining thoughts of leaving, I found myself reinvigorated. The thought of change can do that to you."

As it turned out, NBC had also done some soul-searching. The *Today* show was suffering from a slight ratings erosion, and the network hoped to bring in younger viewers by moving thirty-one-year-old Deborah Norville from her news-anchor slot on the *NBC News at Sunrise* program to the same position on *Today*. Jane says she had absolutely no problem with that: "I've always been a good team player, and I want to play on the winning team."

However, what Jane *didn't* realize was the impact the young, attractive Deborah would make sitting on the couch beside Jane and co-host Bryant Gumbel. That prominence, plus Norville's $1 million salary—within striking distance of the $1.2 million veteran Jane was earning—instantly created the impression that someone was on the way out—and it wasn't Gumbel.

al, all the rumors, along with NBC's insensitivity, *did* cause her to rethink her career one more time. "I asked myself if I could really follow through, and I was surprised and pleased at my readiness to make the change," says Jane.

"You have to understand, that was a big thing for me. This may sound funny, but as much as the *Today* show matured me, it was also something of a cocoon. I'd been happy there; I never went into the boss's office and pounded my fist on the desk, saying, 'Give me more money! Give me a prime-time show!' Going to the network and telling them I was leaving was a big step for a late-blooming baby boomer like me. It made me feel like an adult."

Suddenly fearful that she'd defect to another network, NBC began wooing her in every way imaginable. Jane denies that she enjoyed having her foot on NBC's neck, but says, rather, "I felt like I was holding the reins of a galloping team of horses. It was a little dangerous, but very thrilling!" She was also gratified by the support her husband gave her when she told him she wanted to leave the show.

"Oh, Garry was fully supportive . . . once the color returned to his face," she says, laughing. "The *(continued)*

JANE PAULEY
continued

truth is, it's well known in my household that the advice my husband gave to me was pretty bad. His initial reaction to NBC's handling of the whole thing was 'slash and burn.' I remember him telling someone that most people in my position would have left tire tracks on Deborah's back."

Instead, Jane decided to do her own kind of trail-blazing—and her new schedule brought a revelation. "When I look at those hours now, I realize what a sacrifice they were because I've seen all the things I didn't know I was missing. Seeing the sunlight coming into the kitchen every morning. Being able to have coffee and read the newspaper in my bathrobe, or relax when the day is done, just kick back and watch TV. Going to the school to help out with a party."

Despite all the good things that have happened to her, Jane admits that she's still trying to decide exactly what to do with the rest of her life. She declines to discuss whether she wants more children, though she admits that her three are particularly special to her, since two early miscarriages left her with an "undefinable void" and caused her to wonder whether she could ever have children at all.

Though she says that her professional plans are still rather vague, Jane categorically rules out that she's being groomed to replace Brokaw on *Nightly News*. For now, she says she's content to work on her specials and come up with a viable weekly news series. "After all those years as part of an ensemble," Jane says, "I'm being taken seriously on my own."

Suddenly, the phone rings. Jane takes a call from a Very Important Editor who wants an interview for her trendy magazine. Explaining that she's flattered, Jane insists she simply hasn't got the time. She's getting ready to head to East Germany tonight to tape her second special.

The editor is irritated, and Jane apologizes. But when she hangs up, Jane's obviously a little miffed herself. After sitting and looking at the phone for a moment, she sticks out her tongue—and blows a raspberry.

Purged, Jane smiles. As she begins to gather up papers, she overhears an NBC staffer saying that Jane has spent the last few months walking on air. In typical Pauley fashion, Jane just can't let that hyperbole pass. She shoots one last zinger over her shoulder: "Bye! Gotta float!" ■

Jeff Rovin is a contributor to LHJ who writes frequently about celebrities.

TWO MOTHERS
continued from page 84

encountered nothing but closed waiting lists at agencies. Independent adoption cost far more than they could pay. Then Gerry's family doctor told them about Golden Cradle, a private nonprofit agency in Cherry Hill, New Jersey. The agency accepts adoptive parents only from New Jersey, Philadelphia and its suburbs, but it actively solicits birth mothers from all over the country and has managed to place more than eight hundred fifty babies in the last ten years. Because the agency is nonprofit, the fees would be lower than those for independent adoptions—$14,000, to go toward medical care and counseling for the birth mother, legal fees and agency expenses such as rent and advertising. Tremulously, the Gellers applied.

Before being approved, Dave and Gerry had to attend four seminars and then go through a screening. The first meeting released a flood of repressed hopes in Gerry. Dave cautioned her not to get too euphoric. "But I was as excited as she was," he said. "I had trouble sleeping that night."

At their second meeting the Gellers met a few young women who had placed babies through the agency. Despite their certainty that they had made the right decision, it was impossible to ignore their lingering sadness.

Later, Dave and Gerry were troubled. "I fear that somehow the birth mother can take away the child," Dave said, even though he knew that under the law in their state, this was next to impossible. Gerry worried that the child might want to search for his birth parents someday. "It seems like we're in for a long eighteen-year project, trying to win the child over so that we're enough," she said.

Within a few weeks, however, the Gellers forgot their fears as they hastened to complete the screening requirements, including physicals, a check for criminal records, and personal references. Most difficult was writing autobiographical essays describing their feelings about being parents, their child-rearing philosophy, even their misgivings about adoption. The last hurdle was a home study.

The process was a painful reminder of their inability to bear a child. Gerry commented in her journal: "I still resent that we can't just have the baby, go home and feel our way like most people do."

Having a baby was the farthest thing from Lisa Blake's mind that fall. A pretty nineteen-year-old with a che ing giggle and a ready smile, Lisa just begun her sophomore year large university in the East and juggling schoolwork with an activ cial life. Her social life was win out: She found it tough to keep mind on her studies when she prefe to be with her friends—especially G.*

Lisa and Greg had met at a par the beginning of the school year, soon they were dating each other ex sively. Greg was a good-looking so more, six foot two. He came fro well-to-do family and was perha little spoiled, Lisa thought, bu treated her "like a queen." She sta fantasizing about marriage.

Lisa and Greg began sleeping tog er, but they didn't use birth control. never been to a gynecologist, and I afraid," Lisa says. "So I avoided it

It was just before Christmas u Lisa began to feel that something wrong. The signs were all there: nausea, the thickening waistline, three months without a period. Bu put it out of her mind.

For one thing, Lisa was preoccup She and Greg had just broken up, he was dating a former girlfriend keep her mind off the situation, was trying to improve her grades. funny how a person can convince self that something's not happeni Lisa says. "I just denied it."

Eventually it became impossible Lisa to continue ignoring her sy toms. In late March 1988, one of housemates convinced her to get a p nancy test. It was positive.

Lisa looks back on the day she go results as the day her world fell ap "It made me feel cheap and dir thought this only happened to bad ple," she says. Her family was di pointed but told her they would sup her decision, whatever it was. Lisa she would have had an abortion, ex that it was too late; she was twenty weeks pregnant.

But how could she keep the ba Lisa was only nineteen. She had n held a job. I'm not equipped to b parent, she thought.

Neither was Greg. Lisa had inv him over to tell him, the first time had been alone together in weeks. first reaction was disbelief, and t despair. He cried a little, and found they didn't have much to say

"I was hurt and angry that d Lisa recalls. "I guess I was hoping be more mature—maybe even offe marry me—although I realize now would have been a bad idea."

Then the doctor who had exami Lisa gave her a pamphlet from Gol Cradle. Lisa liked what she read, e cially about the rigorous (contin

*Name has been changed.



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WO MOTHERS
ntinued

nings of adoptive parents. She d up the phone and dialed the toll- number.

arly 1988 the Gellers finally re- d word that they had been added he list of couples ready to be hed with a baby. Dave passed the by daydreaming about teaching a of his own to walk and talk. Ger- ried to keep busy with other gs, but it was tough. "This August be four long years since we had a of our own to hold," she said.

nwhile, at Golden Cradle, Lisa and met with a counselor. Both of wanted to get married and have lies eventually, but not with each r. Adoption, they thought, was best choice. "My parents were di- d when I was a baby, and I don't know my dad," Lisa said. "This l's going to have a better life, with parents who really want a baby."

e would need housing, Lisa told ounselor. It would be too awkward nish the semester, and she didn't t to embarrass herself or her family oing home until she had the baby, h was due in early July 1988.

lden Cradle asks waiting couples ke in birth mothers who need hous- (the children will go to other cou-). The agency placed Lisa with and Roger Green, a Philadel- couple, two days before her twenti- birthday.*

ntact with Greg was sporadic. "As as I started to show," Lisa re- d, "Greg just didn't want to be nd."

he waiting ended one warm Satur- night in late June. Lisa felt an miliar pressure in her pelvis, and in an hour she was at the hospital. and Roger stayed near, but Lisa ed that her sister or mother or dmother were there instead. "Oh, ," she cried. "I'm so scared."

e gave birth at 11:38 A.M. on Sun- June 26, 1988. The baby was a ound-nine-ounce girl.

sa couldn't believe how beautiful baby was, with her blue eyes and brown hair. The nurses showed her to hold the infant and burp her a feeding. But Lisa felt none of the new mothers customarily feel. "It ks my heart to let you go," she spered between sobs to the gurgling nt, "but I'm doing it because I love so much."

as just an ordinary Tuesday eve- when the phone rang. Dave an- ed. It was Joyce Block, the acting director of Golden Cradle. "David, this is the stork calling—we have a delivery to make!"

As Dave stammered a reply, Joyce reeled off the vital statistics of the Gellers' new baby girl. She told him that he and Gerry could meet the baby at the agency the next afternoon.

Gerry could hardly believe it. She found herself shaking with excitement. Tomorrow was the day!

Lisa let go a shuddery sigh that turned into a sob. She had been trying not to cry, but it was no use.

Greg was there now. Golden Cradle had flown him in to sign the surrender papers. He sat awkwardly holding the baby in his lap. The morning sunlight blazed persistently through the pastel drapes, making the room seem artificially cheerful.

Doreen, the counselor from Golden Cradle, tried to be diplomatic. "Well," she said, "maybe you should say goodbye to the baby."

Lisa nodded. "Okay," she said quietly. "We have to do it sometime."

Greg lifted his daughter and kissed her cheek before handing her to Lisa.

"Bye-bye," Lisa whispered to the tiny bundle. She touched the tuft of fine brown hair one last time and then kissed her baby good-bye before Doreen took her out of the room.

"Oh, my God," Lisa said, sobbing uncontrollably. Greg held her.

It was now three days to the hour since Lisa had given birth. They could legally sign the surrender papers. Doreen returned and began reading the documents aloud, stopping to ask the couple if they understood each point. This is forever, they were told.

Greg leaned over to sign his name, his face impassive. Lisa bit her lip and took the pen; taking a deep breath, she signed. There. It was done, over. Lisa felt a sad sort of relief.

The same sun that had seemed intrusive in the hospital room was merely another indication of a perfect day to the Gellers. Despite the excitement, though, Dave and Gerry knew that somewhere that morning a young woman had said farewell to the child they were so thrilled to be meeting.

Then Doreen walked into the room with a soft bundle in her arms. "There she is!" cried Gerry, jumping up. She reached out eagerly for her new daughter, anxious to touch her and know she was real. "Oh, Dave," she exclaimed. "Isn't she beautiful?"

Her name was Cristen Jillian, they announced. Dave and Gerry took turns holding her, giddy with joy.

Then it was time to sign the preadoption agreement. "We accept this child, Cristen Jillian, as our daughter . . ." The Gellers beamed at each other, then at Cristen. They were a family at last.

Lisa recovered physically within a few weeks. Mentally, though, she was still hurting. She returned to school to take the exams she'd missed, but she was uneasy being back.

Lisa's family urged her to take some time off. She got a job at a local department store that fall, fought depression and tried to pick up where she'd left off. She transferred to another college for the winter semester.

Occasionally Lisa called Doreen at Golden Cradle. She received several progress reports on Cristen's growth in the first few months, and she especially enjoyed the photos of the baby enclosed with some of them. She was pleased that the baby seemed so well cared for. Lisa said she had no desire to contact the baby or the Gellers. "She's their baby now, not mine."

Eventually, she began feeling better. But she knows she'll always remember. "Down the line I'll think, Eight years ago I gave birth to my child."

Dave and Gerry proudly brought their daughter home to a houseful of happy relatives. It was a few weeks before they could believe that their daughter was there to stay. Occasionally, when Gerry took her turn at feedings, she would look down at the baby in her arms and start to cry, overwhelmed by gratitude and happiness.

Cristen, now a bubbly little girl, has passed the milestones of an active toddler—first tooth at ten months, first words—"daddy," "duck" and "uh-oh"—at ten months, and her first steps, on Father's Day, at eleven months.

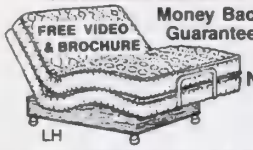
Some of her happiest moments are spent playing with a dollhouse Gerry's father made for the little girl's first birthday. Sadly, he died the day after completing it. Her grandfather reserved a special place in his heart for Cristen because he had been adopted himself. But the Gellers are thankful that at least he lived to see their wish come true. "Any doubts we had are all gone," says Dave. "We can't imagine having any other little girl." ■

Deborah Beroset Diamond is a freelance writer who lives in Columbia, Missouri. She wrote about the Nancy Cruzan case for the Journal in June.

For more information about Golden Cradle, call 609-667-2229. For additional information on adoption in general, write the National Committee for Adoption, 1930 Seventeenth Street N.W., Washington, DC 20009.

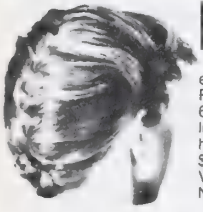
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I made a cake with peppermint icing for my grandson's fifth birthday. After he tasted it, Josh turned to me and asked, "Grandma, why did you put toothpaste on my cake?" *—Doris Wallace, Wittmann, AZ*

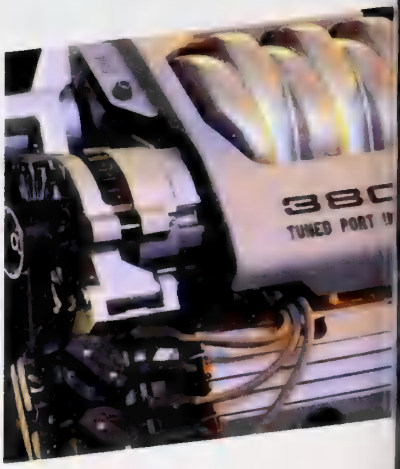
When I was baby-sitting four-year-old Jason, he asked me what a president is. I explained, "He's the man who runs the whole country." "Really?" Jason replied. "How fast can he go?"
—Wava Campbell, Paw Paw, MI



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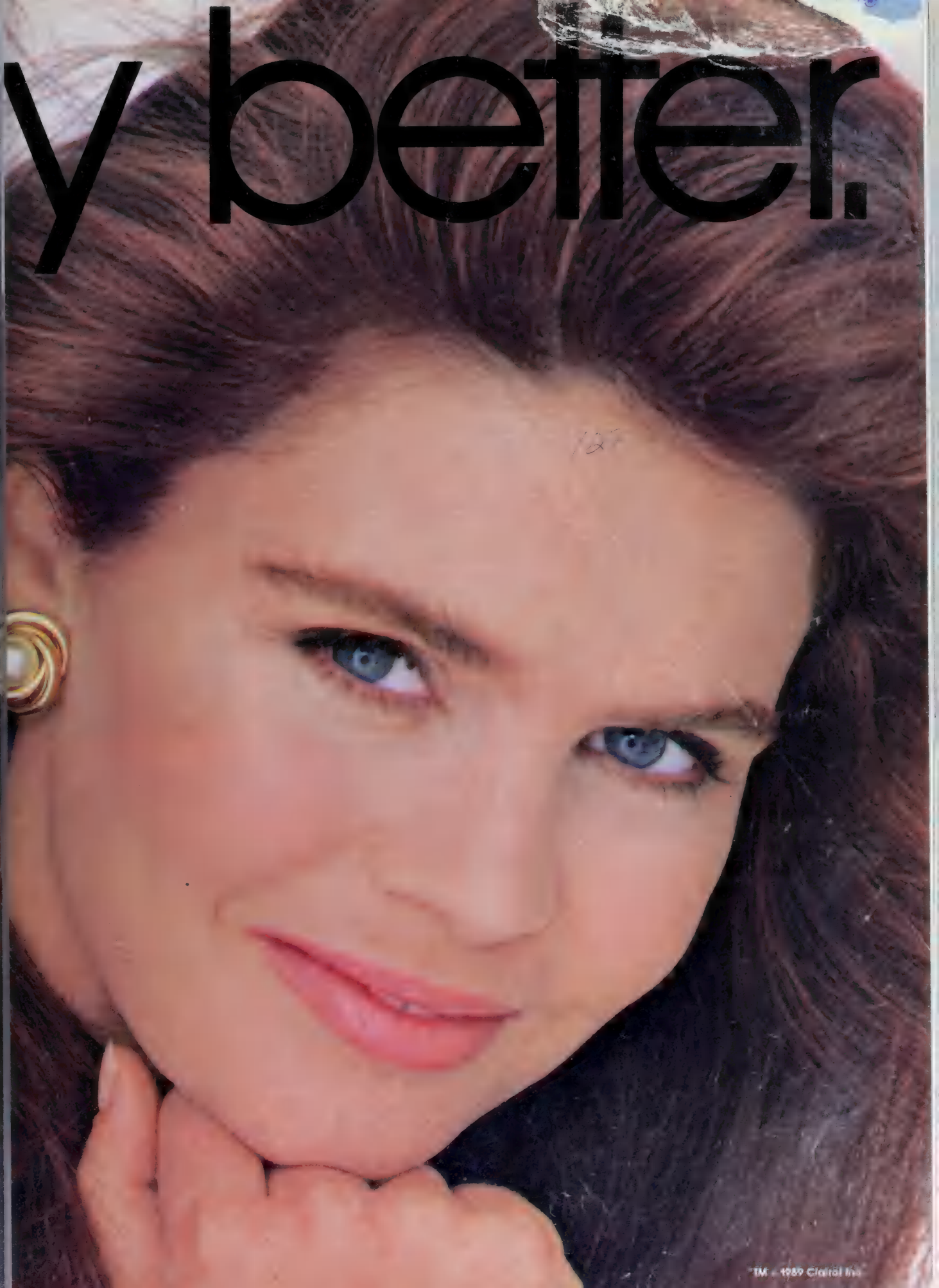
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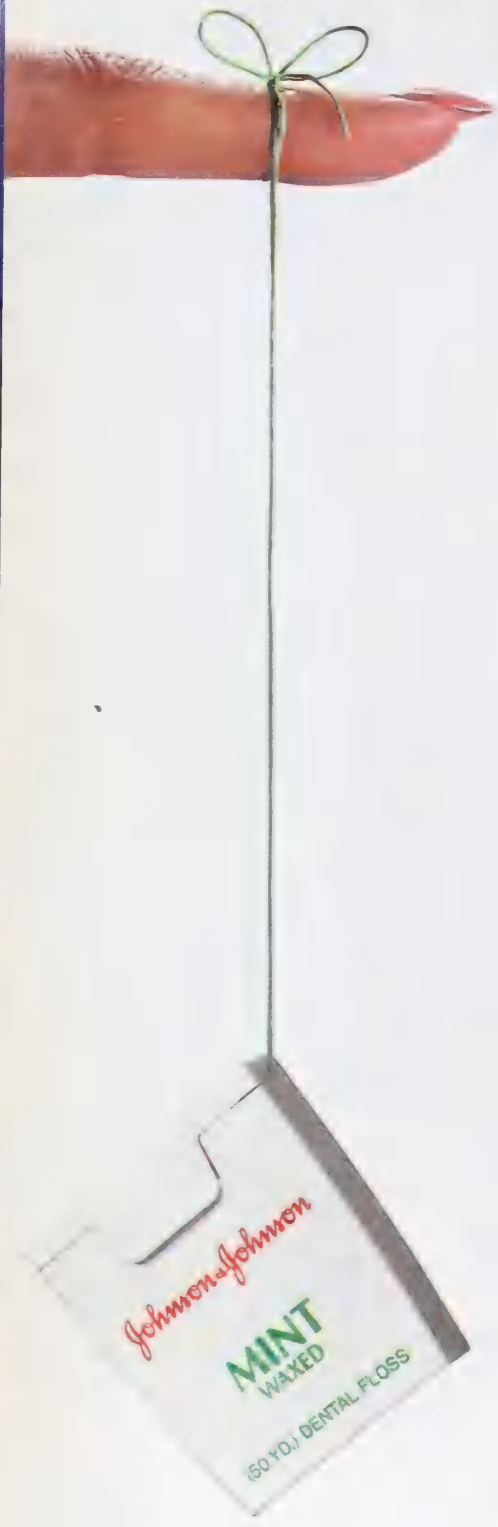
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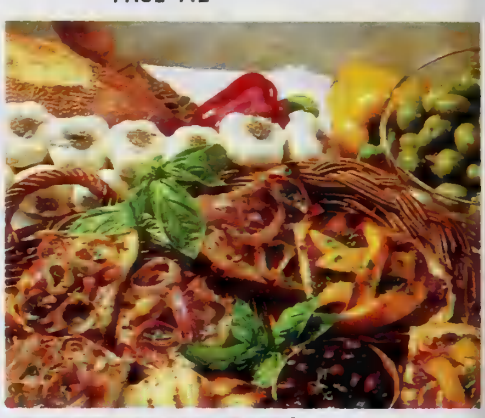
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EDITOR'S JOURNAL

By Myrna Blyth

IN OUR PAGES

ONE OF THE CONTRIBUTORS TO THIS MONTH'S ISSUE IS A VERY SPECIAL FRIEND OF MINE. MY husband, Jeffrey, and I have known best-selling author Barbara Taylor Bradford for years. Jeffrey, who is English like Barbara, met her on Fleet Street when Barbara was a twenty-year-old reporter, new to London. Jeffrey, an older, more seasoned journalist, was happy to show the new girl in town around. (Barbara just happened to be absolutely gorgeous.) I met Barbara several years later, when she was living in New York and working on her first novel, *A Woman of Substance*, which became an international best-seller. Barbara has now written five novels that have been published in thirty-four countries. All told, thirty million copies have been sold. We're delighted to have an excerpt, "Theodora," from her new novel, *The Women in His Life*, in this issue. Barbara is still gorgeous, brainy, hardworking and warmhearted. We knew her when, and we're really glad we still know her now.

Other interesting contributors to this issue: photographer Ken Nahoum, who took the striking photograph of Gloria Estefan for our cover. Ken has known Gloria for some time and was delighted to find her looking absolutely perfect after her difficult ordeal. Ann Marie Cunningham, who wrote the interview with Jeanne White, Ryan White's mother, has known this courageous woman for a long time, too. Ann Marie even helped Ryan write his autobiography, due out next spring.





Above, Art Director Jeffrey Saks with Gloria Estefan at her home. Right, Barbara Taylor Bradford

One feature in this issue, "Men trouble," was written by a staff member, Text Editor Nina Keilin. The piece evolved from a lively discussion several of us had after reading the results of the latest Roper Poll, which reports that women today are quite annoyed with the men in their personal and business lives. We had so much fun sharing anecdotes about how husbands *don't* help around the house (confirming the poll's findings) that we felt the subject deserved a major feature. We hope our article will start a lively discussion with the man in your life. I know it has in our home. Since reading this piece, Jeffrey and I have been talking about his inability to put dirty dishes in the dishwasher. He says he never noticed, and besides, it's no big deal. But from now on, because it's so important to me, he's *really* going to try. What a guy!

READER CALL-IN DAY This month it's Wednesday, August 1, from one to four P.M. Eastern time. Remember, the call's on you. At the phones: Health Editor Nelly Edmondson Gupta and a pregnancy and childbirth expert, 212-351-3680; Managing Editor Mary Mohler and a marriage counselor, 212-351-3681; Associate Editor Shana Aborn to talk about "A woman today," 212-351-3682; Associate Beauty and Fashion Editor Susan Parkes, 212-351-3683. Call and tell us what you're thinking.

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"MY HUSBAND IS NEVER THERE FOR US"

Chuck earned a good living, but Loretta and the children rarely saw him. What happens when a husband keeps leading a bachelor's life? By Sondra Forsyth Enos

LORETTA'S TURN "The only reason we are finally here is that last Friday, Jen, our sixteen-year-old daughter, stormed out of the house and didn't come back for two days," said Loretta, thirty-six, a trim brunet with fear-widened eyes. "Do you know what it's like to call Missing Persons about your firstborn child? Can you imagine trying to eat or sleep or do anything wondering whether you'll ever see her face again?

"Chuck, of course, was his usual blasé self while all this was going on. He went about his business, met his buddies for beer and bowling, and kept saying that Jen was probably safe somewhere with that creep Jimmy. Then he'd say, 'If you want to call that safe,' and burst out laughing. Naturally, he would also point out that Jennifer left because I have such a terrible relationship with her.

"Well, the truth is, I'm far from the perfect mother, especially when it comes to Jen. I've always been more relaxed with the other two—Tony is fifteen, and Cindy, my late arrival, is only three. When Chuck and I got married, we had hoped to wait a little longer than a year to start a family. Chuck was working in the mail room of a big computer company, and I had just gotten promoted out of the steno pool at the same firm. So there I was, the private secretary to one of the vice-presidents, making more money than my husband and feeling pretty terrific. I had nice clothes, and Chuck and I ate out all the time and splurged on weekend getaways. I was having the time of my life.

"Then I got pregnant. I was toying with the idea of putting the baby in day care so I could keep my job, but Chuck strongly objected. He's never come right out and said so, but I think it's partly because his own mother died when he was six, and as the oldest of three boys, he really grew up fast. His father worked odd hours as a mechanic, so the boys got shuttled between aunts and neighbors. By the time Chuck was twelve, he was spending most of his time on the streets as part of a gang. You know—black leather jackets, cigarettes, rumbles, the whole bit. That's when I first met *(continued)*

Introduced thirty-seven years ago, CAN THIS MARRIAGE BE SAVED? is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews with clients and information from the files of Joan D. Atwood, Ph.D., C.S.W., coordinator of graduate programs in marriage and family counseling at Hofstra University. The story told here is true, though names and other details have been changed to conceal identities. CAN THIS MARRIAGE BE SAVED? is a registered trademark of Meredith Corporation.

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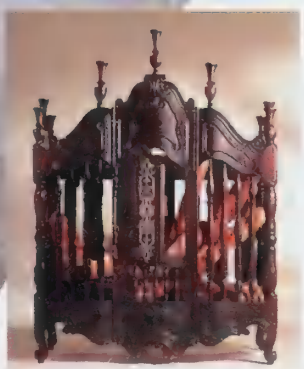
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CAN THIS MARRIAGE BE SAVED?

(continued) him, actually, though we didn't start dating until we were seventeen and met again at a dance. But I remember him as a kid, streetwise and sure of himself.

"Of course, there are two sides to every story. Chuck says it wasn't all that great being left to fend for himself. He was fascinated by my family, with three generations under one roof. My grandmother was a real Italian matriarch, and she ruled the roost. After we started dating, she insisted I bring Chuck home for Sunday dinner. There we were—my two younger sisters, my parents, my aunt and uncle, cousins, grandmother, everybody—in our Sunday best. In walks Chuck in his leather jacket, with a cigarette hanging out of his mouth. I thought my grandmother was going to have a heart attack on the spot. For years, she kept telling me to break up with him.

"But I knew Chuck was really a good guy underneath. He's worked hard all his life, and now he owns his own construction company. We have a beautiful home, and the kids have everything they could ever want.

"So what am I complaining about? Maybe I'm expecting too much, but I don't think a husband should be a good provider and nothing else. From the minute I came home from the hospital with Jennifer, Chuck has shut me out of his life. The kids and the house have been my responsibility. He works, he pays for everything, but beyond that, he goes out with the boys or watches TV. Every now and then, when he wants to, we make love, but it takes all of two minutes.

"So in an instant, it seemed, my life went from newlywed bliss to being a trapped housewife. At one point a while back I did confront Chuck about being more involved with his family. His solution was to become a coach for Tony's Little League team. He was just as much a workaholic about the coaching as he is about his job. He was home even less than before, and the girls and I never saw Chuck *or* Tony.

"About this time, Jennifer started dating Jimmy. I couldn't believe it. The kid has long stringy hair, and he's part of a motorcycle gang. He ran away from his alcoholic parents, and he's living in a rooming house in the worst part of town. I don't know what he does for money. With all the nice boys in high school, why does my daughter have to hook up with a bum?

"I told her she was forbidden to see him. Chuck says that's where I went wrong. Frankly, I think this input is a little late. He has left the whole job of bringing up the kids to me, and now all of a sudden he knows best.

"Everything came to a head last Friday when Jennifer and Jimmy and a bunch of kids went to a rock concert. It was well after midnight when she walked in the door, and I let her have it. She said the concert ran late and the trains were delayed, but I was in no mood to hear her stories. Well, she turned around and walked out. And all Chuck could say to me was, 'Now see what you've done.'

"Jennifer finally came home on Sunday because she's basically a good kid and wants to finish high school. But she's not speaking to me. And the worst part is that Chuck said this is the last straw. He can't stand living in a house full of tension. He wants out.

"I'm scared. I haven't worked since I was nineteen, and my skills are out of date. Also, I have a three-year-old to take care of. Still, I'm beginning to think Chuck is right. How can we ever be a real family when there's no love left?"

CHUCK'S TURN "The night before my wedding, my best man and I decided to acquire a taste for scotch," said Chuck, a handsome thirty-six-year-old with worry etched on his brow. "I swear I never got drunk in my life before or after, but I'm sure it had to do with panic. My friend was saying I was crazy to tie the knot, crazy to take on all that responsibility. But see, Loretta was all I'd ever dreamed of. She's beautiful and refined, and she comes from this big, tight-knit family.

"I'll never forget that first time she invited me to her house. My own mother died when I was a kid, and my two brothers and I might as well have been orphans after that. My dad worked here and there, and we lived with whichever aunt or family friend would have us for a while. You can imagine how it felt to walk into Loretta's house and see all those people dressed up and smiling. I could picture Loretta and me having a family like that. I even imagined myself years in the future as a grandfather, presiding over such a table.

"This marriage is not my dream come true," said Chuck. "I've never been able to understand what Loretta really wants from me."

"That's what I couldn't explain to my best man. I was willing to work like a maniac for that dream; I wanted that responsibility. Believe me, when you've been on the streets since you were ten, you know there's nothing glamorous about it.

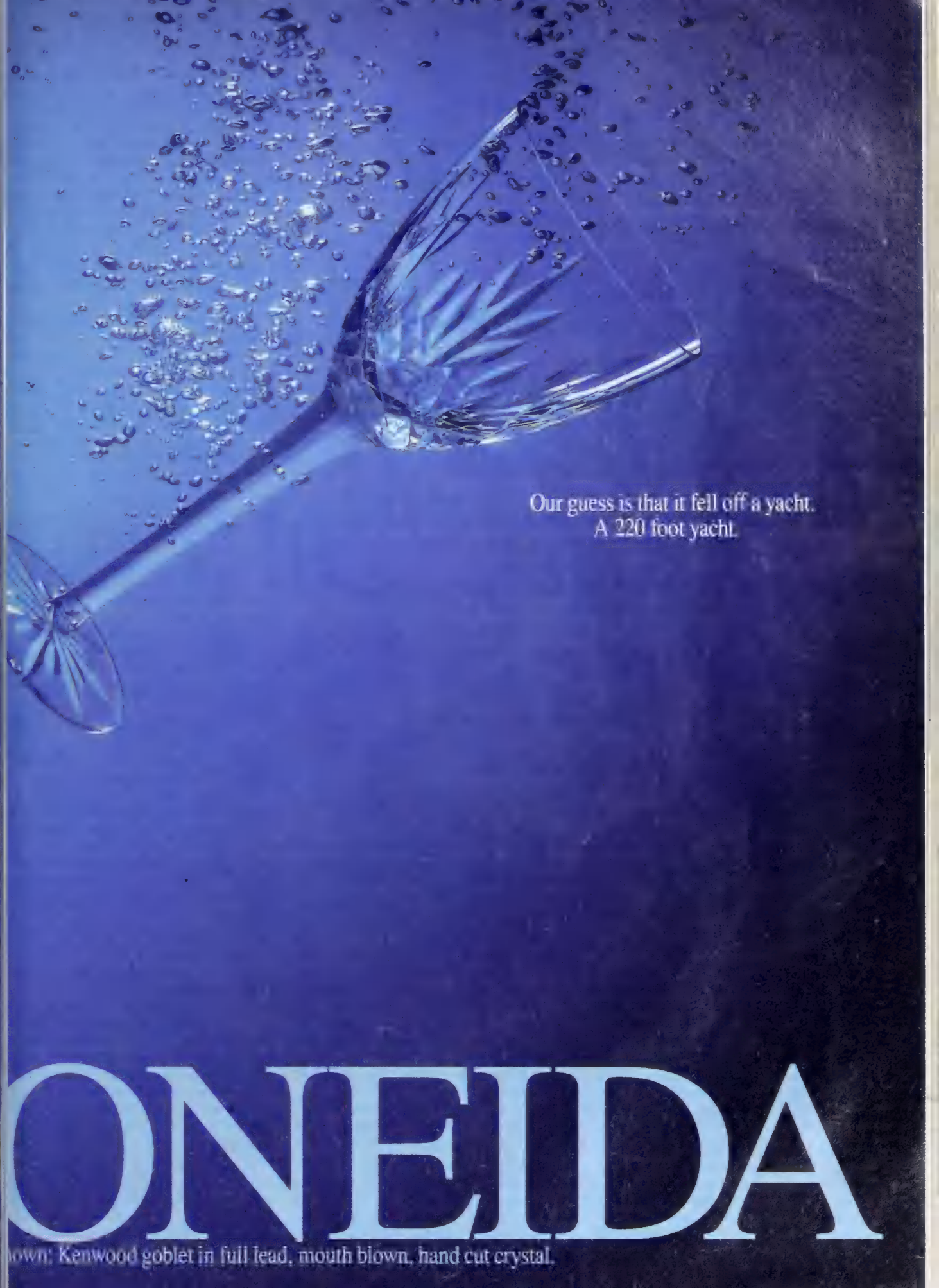
"That's why I wish I knew what happened to make everything go sour. Loretta and I started out fine. We found a nice apartment with a reasonable rent, and I got a job right away. Sure, it was in the mail room, but it was a start and I knew I'd make it out of there. Loretta got a job with the same company, got promoted, and soon we had plenty of money.

"I wanted to start saving for a house and a baby, but Loretta wanted to have fun, go out and buy clothes, things like that. I never have been able to say no to her.

"Then, just before our first anniversary, she got pregnant. I wanted to tell the whole world, but, you know, she really surprised me. The first thing she said was that she didn't want to quit her job. Is that normal? A woman gets pregnant, and all she can think about is keeping her job? I mean, it's not as though I wasn't man enough to provide for my wife and kid.

"We had some fights about that. No kid of mine was going to grow up in a day-care center. Fortunately, at that point, I got a better job offer from a construction company, and we could afford the down payment on a house. Loretta saw the light and quit her job a month before she had Jen.

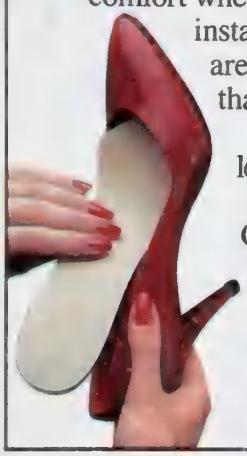
"I figured the hormones finally worked, but I guess I was wrong. Loretta doesn't seem to have been cut out to be a mother. She gave birth to the most beautiful baby girl, and all she could do was complain! She refused to nurse; she griped about being bored and cooped up. Then she got pregnant right away *(continued)*

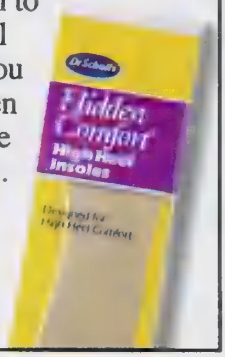

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CAN THIS MARRIAGE
continued

with Tony. She's always been better with him. She says he was a good baby. Jen did cry a lot, as I recall. But what do I know? I was doing my part, earning more and more, and eventually starting my own business. Loretta did nothing but whine. I've never understood what she wanted from me.

"If she hadn't gotten pregnant with Cindy, I would have left her three years ago. I used to lie awake nights, calculating how I could support two households. If I could just afford to have her keep the house until the kids finished high school and have a place of my own, too, I'd be a free man.

"But she did get pregnant, and I did stay. At one point I tried to please her by becoming coach of Tony's Little League team. If anything, things got worse. She said I spent too much time with Tony and not enough with her and the girls.

"Soon I didn't even want to make love anymore. All I wanted was to turn on the boob tube and tune out my life, or go have a couple of beers with the guys. At least then I couldn't hear the shouting from the kitchen with Loretta and Jennifer having another one of their fights. It's creepy to me. They've been at it since the day that kid was born.

"So then Jennifer got herself a boyfriend, and the trouble really started. Jimmy looks a little weird, but he's not a bad kid. He's got long hair and he plays guitar, but he's always been polite to me. I feel for the boy. His folks are drunks, so he's on his own. He dropped out of school, and he works somewhere and lives in a rented room

"Of course, what I think is of n consequence here. I'm only Jennifer' father, after all. Loretta figures sh knows it all, and she told Jennifer sh was not to see Jimmy. You don't hav to be a child psychologist to figure ou that this was only going to mak Jennifer more determined than eve to see him.

"The upshot of it all was that Jenni fer went to that rock concert, eve though Loretta had told her sh couldn't go. The kids got home late and Loretta started screaming befor Jen could even say a word. So she left Who could blame her?

"This marriage is obviously not m dream come true. I work hard, I mak a good living, but I don't come home t that wonderful scene with everyon gathered around the table, smiling All I come home to is fighting. I should have listened to my best man, right?"

THE COUNSELOR'S TURN "I found my self wishing that Chuck and Loretta had come to see me years sooner," said the counselor. "This couple's problems were predictable, given their different backgrounds. First, I had some private sessions with Loretta, during which she had no trouble admitting that she resented Jennifer for trapping her The second child took none of the blame—partly because he turned out to be the son Loretta had wanted to bear for her husband the first time around. And the third child, born when Loretta was almost finished with the rearing of the first two, gave her in her own words, 'an excuse not to do anything about the fact that I've never accomplished anything.'

"Further sessions with Loretta brought out her fear that Jennifer was about to make the same mistake she did—that is, fall madly in love, get married and pregnant and never fulfill her potential. This confession, in fact, was proof to me that Loretta did love her daughter, though she didn't know how to show that love.

"Of course, the confession also highlighted a real problem in this marriage: Loretta saw Jennifer's boyfriend as the reincarnation of young Chuck and, therefore, an unacceptable suitor. She was, in effect, saying that she should have listened to her grandmother. Chuck, of course, was deeply hurt by this: Here was a man who had pulled himself up to be a solid citizen and an excellent breadwinner, and his wife still thought she'd made a defiant, youthful mistake in marrying him.

"For his part, of course, Chuck needed to understand that he couldn't have expected Loretta to play Wendy to his Peter Pan. For all *(continued)*

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(continued) his tough façade and macho posturing, he was a little boy in need of a mother. No wonder he was confused when Loretta not only didn't mother him but also didn't relish the mother role with their first child.

"Even so, with two people at midlife, there comes a point when delving into ancient history is useless. What this couple needed to understand was that while they held two disparate views of marriage, they could still learn to work together in a positive way. Chuck thought a husband should earn a living, period. Loretta thought that a couple in love should constantly share their emotional lives—talking, letting each other know that they care. I could see that Chuck's inability to form intimate bonds stemmed from his emotionally deprived childhood and that Loretta's overly immature demands for attention came from her sheltered early years.

First, I asked them to do two exercises. I had them set aside a minimum of fifteen minutes each day just to talk. One firm rule was that these sessions had to be positive, with no nagging and no criticism. Each week, one of them was assigned to be the initiator, the person who started the daily conversations. This admittedly artificial setup made them extremely uncomfortable at first, but gradually they began to enjoy sharing both the trivial and more important aspects of their lives. Loretta, in particular, thrived on the one-to-one attention from her husband, and Chuck was surprised that such a small chunk of time devoted just to Loretta could satisfy her demand that he be more involved. The intimacy of talking time sometimes led to lovemaking, and now the physical side of their marriage is mutually pleasurable.

"Next, I asked them to make a list of what they each hoped to achieve in the next five years. They were stunned at first, and couldn't complete the task. Finally, Loretta wrote down that she wanted to take word-processing courses, with an eye toward resuming some kind of career when Cindy started first grade. Chuck said he'd like to get his business to the point where he could have more free, unpressured time. He admitted that he had always wanted a boat, and that he would like to spend summer weekends and vacations sailing. He added wistfully that he wished Loretta and Jennifer would learn to get along—a moment in counseling that brought tears to Loretta's eyes, since she shared the same wish but hadn't expressed it.

"At this point they seemed eager to work together toward their goals. Loretta, they decided, would take courses and eventually go back to work, which would ease Chuck's financial responsibility. Chuck agreed to baby-sit for Cindy while Loretta took night classes. As a result, he's become a very proud daddy who talks unabashedly about Cindy's latest accomplishments. Loretta is thrilled to be doing something outside the home and is looking forward to working. Her resentment of Jennifer has eased, and the two of them have finally started to spend some happy times together, shopping and cooking. Chuck has been spending less time out of the house since the fighting and general level of tension have ebbed.

"Jennifer is still dating Jimmy, but they've both agreed to postpone talk of marriage. Jennifer got excellent scores on her SATs and plans to start college in the fall. Meanwhile, Loretta has found a soft spot in her heart for Jimmy: He got his high school equivalency diploma and now holds a good job with a local stone-and-gravel company. Tony, a strapping six-footer at sixteen, has emerged unscathed from his parents' ordeal. He is president of the junior class and an *A* student, and every girl in town wishes he would ask her to the prom.

"Finally, Chuck and Loretta are focusing on each other, and after almost a year and a half in counseling, they've stopped coming to see me. The last time I saw them was by chance at the mall. They were holding hands, whispering and window-shopping. I ducked into a store so they wouldn't see me and lose the mood. I felt secure in saying, 'Yes, this marriage was saved after all.'" ■



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The author, twenty-three years after her most memorable birthday. Though the King is gone, his influence still guides her life

Peter Ensenberger

A GIFT FROM ELVIS

Meeting Elvis Presley was the best birthday present ever. But far more valuable was the lesson he taught me about love.

By Melle Starsen

My fifteenth birthday began early on October 17, 1967—too early for a night owl like me. My mother roused me out of bed at six-thirty that morning, and I wondered what all the hurry was about. However, I woke up fast when Mom announced that there would be no school for me today: She and Dad were taking me on a special out-of-town trip.

I had no way of knowing it would be the most unforgettable birthday of my life.

Mom told me to dress up, but she wouldn't say why. I didn't like not knowing what was going on, but I picked out a white miniskirt, a hot-pink pullover and my favorite crystal pendant. In the meantime, Mom excitedly flitted in and out of the bathroom, putting on layer after layer of lipstick until it looked just right. I could tell that something was definitely up.

We bundled into our Dodge Dart and headed northwest from our Scottsdale, Arizona, home. Despite my pleas, I couldn't extract a clue about where we were going. It was worse than Christmas morning! All Mom would say was that it was a birthday surprise.

By midmorning, we had driven more than a hundred miles and were outside the small town of Sedona—to my reckoning, the exact center of nowhere. We finally turned off the highway onto a narrow but well-traveled dirt road. "There's the entry gate," said Dad, and he stopped the car in front of two sawhorses and a pair of burly security guards.

One of the guards asked, "Can I help you, sir?" Dad whispered a reply so faint I couldn't hear it. The guard said, "Oh, yes, we've been expecting you. Go right on in, sir." Then he winked at me.

Suddenly, I caught sight of a camera on an elevated crane. My parents grinned broadly as I started bouncing up and down on the backseat. "It's a movie!" I shouted. "We're going to see a movie being made!"

Everything now made sense. My father was an agent for a union that dispatched horse handlers and equipment operators to Arizona film locations. For him, going to movie lots was just part of his job. But it was a dream come true for a *(continued on page 21)*



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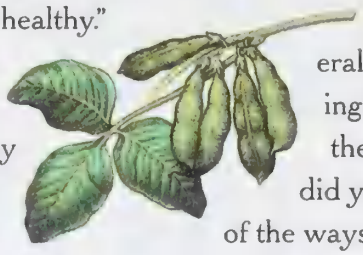
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(continued) star-struck teenager—and for my mother, who loved reading celebrity magazines. I was so enthralled by the thought of watching the filming, I didn't even stop to wonder who might be starring in this particular movie.

As we drove into the makeshift parking lot, Mom muttered to Dad, "He *will* be here, won't he? I mean, you made sure he would be here today?" "Yes," Dad said. "I checked yesterday, and he'll be here today." I wondered who they were talking about, but I didn't ask; I knew they wanted to surprise me.

After the unit manager showed us to the filming area, Dad left to do some work. Mom and I headed closer to the action and caught a glimpse of the set—a rickety-looking wooden shanty. (I later learned that the movie was called *Stay Away, Joe.*)

We tried to get still closer, but a voice thundered, "Action!" and we froze, hardly daring to breathe. We peered around the crew as best we could, as I wondered who on earth that mysterious "he" could be.

A few minutes later, the filming stopped, and a crew member screeched, "Break for thirty!" Just then, Mom spotted someone, and without a word, she led me toward the sound trucks. As the actors and crew cleared away, Mom let out a faint gasp and said, "Look, look!" She didn't have to tell me again.

He was tanned as dark as a hazelnut shell; he wore cowboy clothes, and a ten-gallon hat was perched on his thick, dark hair. He was listening intently to a short, balding man. Without my usual teenage dramatics, I turned to my mother and murmured, "Mom, is that who I think it is? Is that . . . *Elvis Presley*?"

Her answer wasn't exactly articulate. Eyes twinkling, she gurgled something that sounded like, "Yssthshim!" I marveled at the fact that I was standing a mere twenty feet from the King of Rock and Roll.

A minute later, Elvis patted the bald man's head affectionately, and the man went off toward the catering vans. Elvis stretched a little, as though his back were tired. We watched as he shook the tension out of one shoulder and sniffed the fall air. As he strolled away, he looked up, saw us and smiled—his teeth seemed even whiter than normal because of his darkened skin—and settled himself in a canvas chair underneath a pine tree.

Mom reached over and shook my elbow, indicating that I was to follow her. "Okay—this is it!"

"Fantastic birthday present . . ." was all I managed to say before we reached Elvis. He was leaning back in his chair but immediately sat up straight again when he saw us coming toward him.

There was a rugged air about him that I found attractive. When he looked at us, his smile wasn't the flat and frozen one you sometimes see in his posed photographs; it was a soft grin that relaxed his face.

I couldn't bring myself to talk, but Mom was braver. She squeaked, "HelloMrPresley."

Elvis pushed his cowboy hat back. "Hello," he said, in a voice as mellow and innocently seductive as it sounded in his films and records. "How are you?" We assured him we were absolutely fine.

"Did you come out here to see the movie being made?" he asked. Mom explained it was my birthday and that our visit to the set was my present. Elvis beamed at me and said, "What a nice mother you have, to do such a great thing for you. You're very lucky."

I looked at Mom, who was trembling with excitement; she suddenly seemed like a different woman. Elvis was right: I was lucky.

Mom asked, "Mr. Presley, do you mind if I get a picture of you and my daughter?"

He said, "No, I don't mind at all, as long as you call me Elvis and not 'Mr. Presley.' I'd be very happy to be in your daughter's birthday picture." Mom twittered her thanks as Elvis waved me over. "Come on, let's get a really good picture of us for your mother."

With a severe case of jellied knees, I stood beside him. Mom dug into her huge purse, tossing out its contents until she finally found the Brownie camera that she'd brought. It took a few minutes for her to calm down enough to take the photo.

Elvis asked me my name, and I managed to look at him as I replied. "How old are you today?" he then asked. "F-fifteen," I stammered, as though I'd just learned the word.

He reached out, put his arm around my waist and said, "Happy birthday. I hope you have a really good day. And I want you to enjoy yourself around here, okay? Please make yourself at home."

I told him I would and thanked him for his kindness. He replied, "It's my pleasure." I wasn't even aware that Mom had taken the picture while Elvis and I were talking. She had unobtrusively stayed in the background and allowed me to enjoy being with him.

Mom asked, "Mr. Presley, do you mind if I get a picture of you and my daughter?" He said, "No, I don't mind at all, as long as you call me Elvis."

What happened next is as clear now as it was twenty-three years ago, because it changed my world forever. Elvis smiled at Mom, and a realization flashed across my brain so brightly that I actually blinked. My mother had been an Elvis fan for years. She had collected most of his records; I didn't own even one. She was the one who would rush through the housework so she could watch a TV rerun of *King Creole*, not me.

Meeting Elvis must have been the most thrilling experience of her life, yet she had pushed *me* forward into the limelight. Because of her unabashed pride and love, she was content simply to be a spectator while I got all the attention from the man she had admired for so long. I was amazed at her unselfishness.

While I tried to recover from my shock, Mom thanked Elvis for his time. His face broke into that appealing grin again, and he held his hand out to her. She stared at it for a moment, as if she didn't know what it was for, then let him take her hand. He shook it slowly and gently, and Mom's cheeks started glowing.

Someone in the crew bellowed that lunch break would be early because of technical problems. Mom looked at her watch and said, "Gads, it's almost noon. If I know your dad, he's hungry by now. We'd better get back to town for a bite to eat."

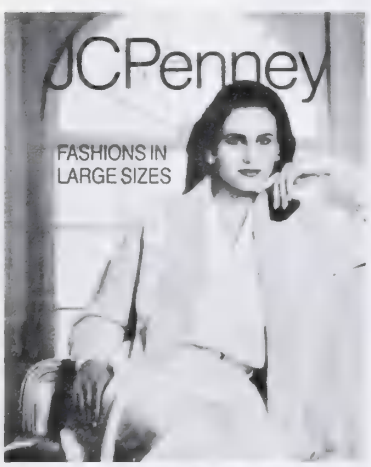
I was about to say good-bye to Elvis, but he shook his head at Mom. "No. I'd like you, your daughter and your husband to stay and have lunch with us here."

I couldn't believe it. I nodded and whispered, "Yes!" But Mom chewed her lip uncertainly. "Oh, well . . . we really don't want to impose on you—"

But Elvis would hear none of her objections. He told us that he would be honored if we would *(continued)*



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A WOMAN TODAY
continued

stay, especially since it was my birt day. To my delight, Mom gave in.

The food was good—ribs, chicke salads, vegetables, potatoes, rolls a desserts to die for—and Elvis kept te ing us to fill up and enjoy. We sat his table, along with some of the acto and crew. We all talked quite a b Elvis even drew Dad into the convers tion by discussing military service.

Toward the end of the meal, Elv said to me, "I'm sorry we don't have cake for your birthday." A quic thinking crew member promptly stu a lit match into a fruit tart. Taking t cue, Elvis sang "Happy Birthday" me. It was one of the finest momen of my entire life.

When the filming resumed, Mo and I watched for a couple of hou then it was time to go. Elvis saw getting ready to leave and waved fro his place on the set. "Happy birthda Hope you had a good time!" I nodd vigorously and waved back.

After that magical day, I follow Elvis's career with new interest. I w shocked and saddened when in 1977 learned of his death from an overdo of drugs. I wondered why such a ca ing, generous man had died so tra ically; and I was furious at whatever was that had killed him—perhaps t demands of fame or the people w took everything he had to give un he had nothing left.

But I'll always have the memory that wonderful birthday surprise. H warm smile comes back to me eve August 16, the anniversary of h death. I watch *Stay Away, Joe* whene er it's on television; though it's not o of his better movies, it's still speci Mom carries the photo of Elvis and n in her purse and proudly shows it anyone who's interested.

Whenever I read a gossip item book about Elvis, I get upset over t cruel things people say, because I ca believe they're true. I remember t polite and generous young man w considered it an honor to treat my fa ily to a few hours of hospitality.

But most of all, Elvis taught me important lesson about my mother and myself. He showed me a side Mom I'd never seen before, and fro then on I looked at her with a ne understanding. I began to break out my adolescent self-centeredness, and started noticing all the things she d for me. She had always, I now realize put my needs ahead of hers.

That knowledge was my real g from Elvis Presley, and it is one that hope to pass on to my own precio little girl someday.

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BEAUTY & FASHION JOURNAL

Summer special: trousers that trim, a hot haircut



Suit yourself in supple washed silk—the fabric slides over curves for the ultimate wearable ease. This combo by Liz Claiborne sports a slouchy anorak jacket over pleated trousers in shade-of the-season celery. Tee, Hanes; belt, Coach; boots, Robert Clergerie; watch, Concord. Model, Lori Denues of Name

THE BOTTOM LINE

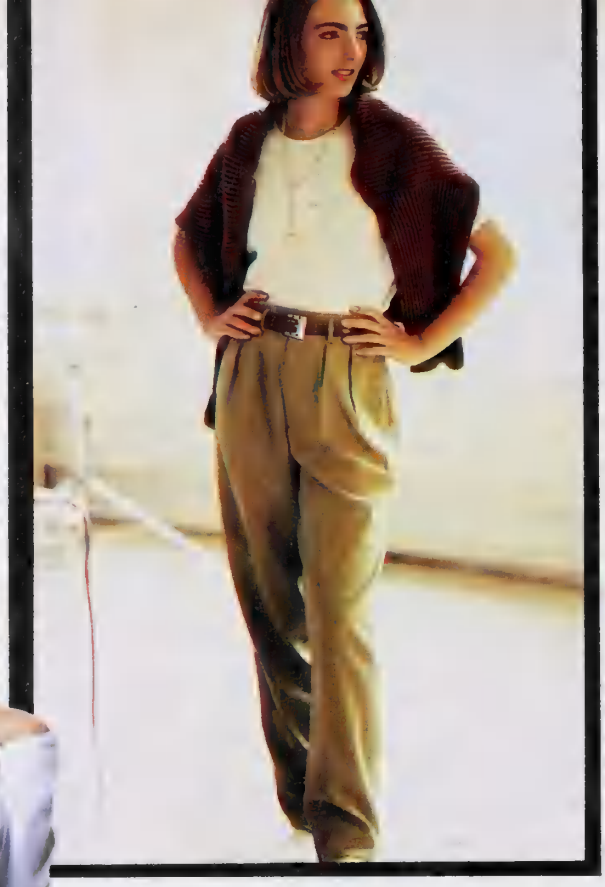
EVERYONE KNOWS THAT A SLIM SKIRT AND HEELS EQUALS CHIC SOPHISTICATION, BUT TODAY'S TAILORED PANTS ARE EVERY BIT AS SMART (AND THEY MAKE YOU LOOK TWO SIZES SLIMMER!)



Checks, please! Mini-check trousers plus a crisp white shirt are work-worthy. Trousers, blouse, Christian Dior; belt, Banana Republic; necklace, Gregg Wolf for Bijoux Wolf; glasses, Optic Zone; jacket, Studio Ferre; shoes, Robert Clergerie. Model, Caroline Ellen of Click



For the sleekest look, wear one tone head to toe. We love this olive-green silk georgette pantsuit and bodysuit by Anne Klein II. Angled-slash pants pockets and a longer jacket make the set an all-over slimmer. Belt, Echo; shoes, Stuart Weitzman ▶



Terrific trousers are not only available from all the top designers, they're sold through all the best catalogs, too. Case in point: Weekend-perfect pants in bold lime-green cotton from J. Crew. Top, J. Crew; sweater, Kenzo; necklace, Gregg Wolf for Bijoux Wolf; socks, Hue; sneakers, Keds

Photos, Nesti Mendoza; hair and makeup, Tony McAulay.



Make your middle look little: high-waisted trousers in lightweight navy wool by Joseph Pour La Ville. Sweater, J. Crew; bag, La Bagagerie; earrings, Donna Karan; ring, Showroom Seven; sandals, Robert Clergerie

IF YOU'RE CURVY ALL OVER, LOOK FOR...

- Trousers with a relaxed, slouchy style, front fly (zip, not button), double pleats, diagonal pockets, no cuffs
- Pants that are comfortably loose in the leg (but not baggy or ultrawide palazzo-style) and straight or slightly tapered. You want trousers to skim easily over hips, thighs and derriere with fabric to spare. Test out your usual movements (bending, sitting, walking and climbing) in the dressing room before you buy
- A slim, narrow waistband (from an inch and a quarter to an inch and a half) or a slightly raised waist with no band
- Soft, fluid fabrics that drape over curves, like silk, viscose, rayon, wool crepe, gabardine
- Solid colors or small-scale menswear patterns, like mini-checks
- A long, tailored jacket to add extra polish and coverage

IF YOU'RE SMALL ON TOP, HIPPY BELOW, TRY...

- Dark, solid-colored trousers (black and navy are seasonless, great for paring pounds) teamed with a shirt in a lighter shade
- Naturally shaped shoulder pads in jackets and blouses. Skip pads in casual tees—throw a sweater over your shoulders for the same boosting effect. Huge shoulder pads are passé, but you'll want to increase upper-body proportions to balance hips
- Attention-getting accessories above waist level, such as bold scarves, earrings, necklaces. Avoid eye-catching belts, bracelets

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Amy Entelis, director of talent recruitment and development for ABC News, needed a more sophisticated look. Bruno snipped her shoulder-length hair to ear level, which encouraged the natural curl



Photos, Nesti Mendoza; makeup, Tony McAulay. Details, page 149.

TAKE A SHORT CUT

CONSIDERING A BRAND-NEW HAIRSTYLE? WE HIGHLY RECOMMEND THE MINI-BOB: IT'S A CUT ABOVE A CLASSIC BOB AND JUST SHORT OF A CLOSE-TO-THE-HEAD CROP. WE SENT TWO WOMEN WHO WANTED A NEW LOOK TO PRO NEW YORK HAIRSTYLIST BRUNO PITTINI, OF THE BRUNO DESSANGE SALON, TO PROVE THE CUT'S ALL-OUT SEXINESS

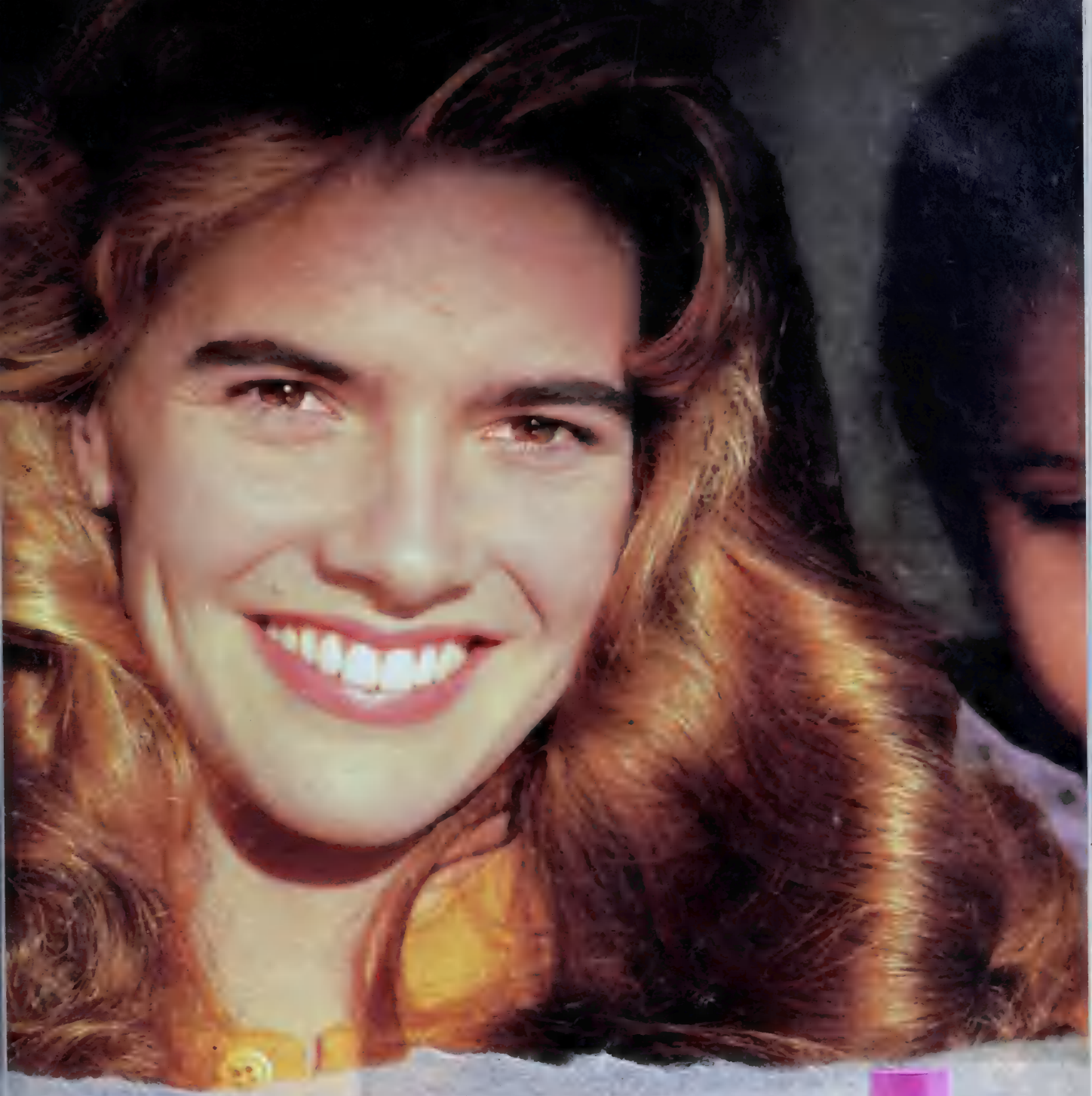


Amie Morgan, a model with the Click agency in New York City, has been trimming her hair in stages. A month before we met her, she had eight inches cut off. Bruno snipped in layers and soft bangs for the chicest cut of all



The mini-bob is basically one length all around. The back is layered and tapered at the nape for volume and movement. It works with or without bangs. Here are just a few reasons the mini-bob may be perfect for you: ■ It works for every hair texture, from fine and straight to thick and curly. (Style aids vary depending on your hair type: A dab of mousse will add body to straight hair; gel at the hairline helps control and direct wavy or curly hair. Setting lotion will boost thin or fine hair. Spritz on sparingly.) ■ The cut's feminine, yet projects a professional image. The effect is soft but controlled. ■ It always looks neat without a fuss. ■ It flatters everyone—but also looks different on everyone. ■ It looks good even when it's growing out!

Can't get to Bruno Dessange in New York? To be assured of a high-quality short cut at a salon near you, call: Intercoiffure, 800-548-HAIR; Glemby, 800-2-GLEMBY; Sebastian, 800-933-HAIR; and Vidal Sassoon, 800-421-4296 (bring these pics along).



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MEDINEWS

To help you and your family stay healthy.
By Sally Squires

PASS UP THE SALT!

A high-salt diet may damage arteries even if blood pressure is completely normal. Studies in Japan and elsewhere have shown that as salt intake rises, so does the risk of stroke—even when blood pressure isn't elevated. New animal studies at the University of Minnesota Hospital, in Minneapolis, suggest why. Louis Tobian, M.D., says high-salt diets seem to narrow tiny arteries in the brain, boosting the risk of blood clots that lead to strokes. Although these findings aren't yet confirmed in humans, he advises people with high cholesterol levels and other heart-disease risk factors to play it safe and hold the salt.

CHROMIUM AND DIABETES

Chromium—a trace metal found in cheese, vegetables, whole grain breads and cereals, and meats—may help delay the development of adult-onset diabetes, according to researchers at the United States Department of Agriculture, in Beltsville, Maryland.

A fourteen-week study showed that adding 200 micrograms of chromium to the daily diets of people with glucose intolerance—a condition that precedes adult-onset diabetes—improved their bodies' ability to use insulin to lower blood sugar. According to one of the researchers, Richard A. Anderson, Ph.D., many Americans eat far less than the 50 to 200 micrograms of chromium recommended by some nutritionists. Brewer's yeast and liver are two especially good sources of the mineral.

BETTER PAP TESTS

The National Cancer Institute (NCI) says it has developed a better way to evaluate Pap smears. The recently invented Bethesda System uses specific words and phrases to describe the results of tests on cervical-cell samples. The ordinary system uses a more general numerical rating scale of one through five. NCI says the new system is more accurate, and it has been endorsed by the American College of Obstetricians and Gynecologists. Many doctors aren't using it, however, and women may want to take the first step by asking their doctors to use labs that rely on the Bethesda System.

NEW HELP FOR SMOKERS

The drug clonidine—long used to treat high blood pressure—may also help smokers quit. According to a new study at the University of Mississippi, in Jackson, clonidine can help lessen the insomnia, irritability and anxiety that often accompany nicotine withdrawal. For four weeks, ten people who smoked an average of a pack and a half of cigarettes per day wore clonidine patches that slowly released the drug through their skin. They also received counseling on how to quit. Six of them haven't lit up for over five months, says study director Marcy Petrini, Ph.D. The manufacturer of clonidine is conducting tests to determine whether to seek Food and Drug Administration approval for this new use.

Sally Squires, a health writer at the Washington Post, is also co-author of the book "The Stoplight Diet for Children" (Little, Brown, 1988).

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Pam Francis

Pregnancy is now better, safer and healthier, thanks to recent medical advances. Here, a guide to making the best of baby's first nine months

health

BETTER BEGINNINGS the LHJ guide to pregnancy

By Beth Weinhouse with Barbara Burgower

A generation ago, childbirth might have cost Dee Mullinax her life. The thirty-two-year-old speech pathologist from Katy, Texas, has diabetes—a disease that raises the chance of miscarriage, stillbirth and birth defects. The risks to the mother include kidney damage and even death, like that of the tragic heroine in *Steel Magnolias*. Even as recently as six years ago, Dee's obstetrician was worried when she became pregnant. But she and her husband, Dick, decided that having children was worth it despite the danger. "We just had to trust God."

During that first pregnancy, Dee's doctors performed sonograms (a procedure in which pictures of the developing baby are produced with high-frequency sound waves) and fetal stress tests (during which tiny uterine contractions are induced, and physicians monitor the fetal heartbeat). Dee's doctor checked her blood sugar and insulin levels regularly. Her daughter, Katelyn Grace, was born six weeks premature, weighing four pounds thirteen ounces, and after fifteen days was able to go home.

Then, two years ago Dee became pregnant again—and this time, things went even more smoothly. Dee's younger daughter, Rebecca Faith, was born on November 21, 1988, just one week early. "Without new medical tests and advances," she says, "my daughters might have been stillborn."



Without state-of-the-art prenatal care, Dee Mullinax, a diabetic, might not have been able to carry Kate, four, and Rebecca, eighteen months, to term

Pregnancy today

Dee's story makes an important point: In many ways pregnancy keeps getting easier. Childbirth is now possible for women who just a decade or two ago might not have been able to become parents. Many of them are older; in 1970 fewer than fifteen thousand women over thirty-five became first-time mothers; by 1987, the latest year for which statistics are available, the number had grown to over fifty-five thousand. "The overwhelming majority of older mothers can expect uncomplicated pregnancies," says Raul Artal, M.D., professor of obstetrics and gynecology at the University of Southern California School of Medicine, in Los Angeles.

In fact, a recent study conducted by the University of Miami found that more than 90 percent of over-forty moms have normal pregnancies and normal babies. Though the risks of maternal mortality, miscarriage and Down syndrome *(continued)*



Ben Weaver

THE POWER OF PRENATAL TESTING

When a sonogram revealed that Diane Kear's baby had a serious heart defect, the twenty-six-year-old Dallas hairstylist was in despair. After the baby was born, he seemed normal, but a cardiogram confirmed the diagnosis: hypoplastic left heart syndrome—a condition in which the left side of the heart does not develop properly. If Diane hadn't had the sonogram, Allan would have been sent home and probably would have died within a few days. As it was, he was put on a waiting list for a new heart, and at the age of seventeen days he underwent a heart transplant. Today, the Kears are jubilant—and thrilled that their son is alive and well. "We definitely recommend prenatal testing," says Diane happily. "If we had given up, he might have given up, too."

(continued) do rise with age, new genetic and prenatal procedures give early warnings to prospective parents. Doctors also understand more about how diet, exercise and medication affect pregnancy.

Not all the news is good, however. A 1989 report by the Alan Guttmacher Institute, a research organization in New York City, found that one in six women nationwide still receives inadequate prenatal care. For many reasons—including the fact that the benefits of medical technology don't reach the poorest women, the increase in sexually transmitted diseases, and the large numbers of babies born to drug users—America's birth-defect rate has remained static for the past two decades. According to the March of Dimes, two hundred fifty thousand babies are born with birth defects in the U.S. each year. The infant mortality rate is also higher here than in many other industrialized nations; primarily because of low birthweight, prematurity and congenital malformations, ten of every one thousand American infants die before their first birthday.

Positive pregnancies

But for most women with adequate resources, having a baby in 1990 can be a safer, more positive experience than ever. Nowadays, pregnant women are likely to be sitting next to you at the office, on the exercise bike at the health club or—like Britain's Princess Diana—proudly wearing bikinis at the beach.

They're also likely to be more assertive patients than their mothers or grandmothers were. "Pregnant women today are great askers of questions," says John Larsen, M.D., professor of obstetrics, gynecology and genetics at George Washington University, in Washington, D.C. "A doctor doesn't tell the patient what to do, a doctor offers choices."

The twelve-month pregnancy

Understandably, many women are eager to do everything they can to ease their babies' way into the world. Many now prepare for pregnancy even before conception. The months prior to conception are "the time to achieve the greatest improvements in pregnancy outcome," says Irwin R. Merkatz, M.D., professor and chairman of the department of obstetrics and gynecology at the Albert Einstein College of Medicine, in New York City.

There's another reason for preconceptual planning: peace of mind. Women who are surprised to discover they're a month or two along may fear that an occasional glass of wine or an X-ray taken before they knew they were pregnant could jeopardize their baby. While chances are it won't, preconceptual planning relieves such worries.

Before getting pregnant a prospective mother is told to stop smoking and drinking alcohol. If there is even the slightest possibility of having contracted AIDS or any other sexually transmitted disease, she should be tested. A blood test can detect the presence of antibodies against measles, German measles (rubella), chicken pox, and toxoplasmosis—a parasitic infection transmitted to humans via raw meat and cats' litter boxes. Vaccines for measles and rubella are available and must be given before pregnancy rather than during it. If tests reveal that a woman is not immune to chicken pox, she should avoid people who have the disease; if she does not have toxoplasmosis antibodies, she should avoid raw meat and let someone else clean the cat's pan.

One month before trying to conceive, the mother-to-be should also stop taking all over-the-counter medications, including aspirin and cough medicine. A woman should also talk with her doctor about any prescription medications she takes and their potentially harmful effects on the fetus. Although women who consume a balanced diet generally do not need vitamin and mineral supplements, doctors routinely prescribe iron and folic acid. Women's iron requirements rise dramatically during *(continued)*



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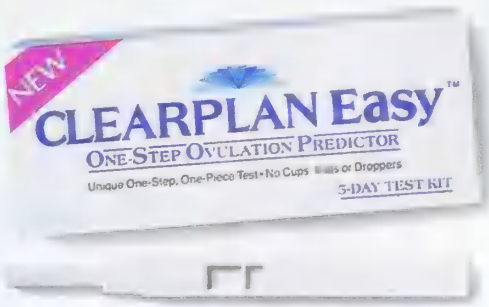
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(continued) pregnancy, and many doctors believe folic acid—which is essential for the production of red blood cells—also seems to help prevent neural-tube defects, which are incomplete formations of the brain or spinal cord.

It's also smart to get a basic checkup at this time, since something as simple as having blood pressure measured before pregnancy can make a big difference later on. High blood pressure that develops during pregnancy can be a sign of preeclampsia—a disease of pregnancy characterized by swelling, fluid retention and protein in the urine that can threaten the lives of mother and baby alike. In addition, doctors routinely test for diabetes, anemia and other conditions.

A woman and her husband should also have a prepregnancy screening by an obstetrician or genetics counselor to evaluate the risk of certain genetic disorders. Eastern European Jews, for example, run a higher-than-average risk of Tay-Sachs disease, an enzyme disorder that kills most victims before age four. Blacks are at special risk for sickle-cell anemia; people of Mediterranean origin, such as Italians and Greeks, are more prone to a potentially serious blood disorder called thalassemia.

The months prior to pregnancy are also a time when a woman should evaluate the safety of her job. A recent study at Yale found that pregnant women whose jobs require standing in one position—such as hairdressers, dentists and bank tellers—have an increased risk of premature delivery. Those who work in factories where they're exposed to toxic substances such as lead or mercury may want to request a change of assignment or an early pregnancy leave.



Eating and exercising for two

Before and during pregnancy, one of the most important things a woman can do is to consume healthful foods. During the first few months, a woman needs 200 extra calories daily. After that, fetal growth requires yet another 100 to 150 calories per day. To ensure adequate nutrition, these extra calories should come from wholesome sources such as fruits and vegetables, whole grain breads and pasta, broiled fish and chicken, and low-fat dairy products.

Pregnancy requires 300 extra calories daily. Good second-servings include fruit, vegetables and fish

What to avoid? "My general rule is moderation in all things," says Merkatz. Most doctors, he says, agree that a cup or two of coffee, tea or cola a day will not damage a developing fetus. However, consuming large amounts of caffeine may cause anxiety and increase a woman's bowel and bladder activity.

The potential risks of alcohol consumption are much clearer; even a half to two ounces per week has been linked to an increased chance of miscarriage and other problems.

Although some women who drink heavily do deliver normal babies, there is no known safe dose of alcohol during pregnancy. And, research has shown that excessive drinking can lead to fetal alcohol syndrome (FAS), usually characterized by mental retardation and deformities of the organs and face.

Many health-conscious women are also concerned about weight gain and exercise during pregnancy. Although many put on between twenty and thirty pounds, "there is no ideal weight gain, no magic figure," says Artal. When a woman gains less than ten to fifteen pounds, however, she runs a higher risk of obstetrical problems; very thin women may need to gain thirty or forty pounds to properly nourish their babies. Obese women who become pregnant are prone to gestational diabetes mellitus, an inability to produce enough insulin to meet the body's needs during pregnancy that can threaten the health of both mother and child.

As for exercise, many experts advise women to go to it—within limits. "Pregnancy should not be a state of confinement," says Artal, whose book, *Pregnancy and Exercise*, will be published by Delacorte in January 1992.

However, caution is warranted. Because of cardiovascular, weight and posture changes, many pregnant women tire easily and may be better off if they cut back a bit. Workouts are not recommended at all for those who are carrying twins or triplets, those who've had a previous miscarriage or those who are the victims of certain chronic diseases. The American College of Obstetricians and Gynecologists guidelines recommend that women who choose to exercise do so regularly, rather than intermittently, to prevent injury. Workouts should include a warm-up and cool-down and a maximum of fifteen minutes of strenuous exercise. A full workout should not exceed forty-five minutes. Women should check that their heart rates do not exceed 140 beats per minute. Women who wish to exceed these guidelines should do so *only* *(continued on page 42)*

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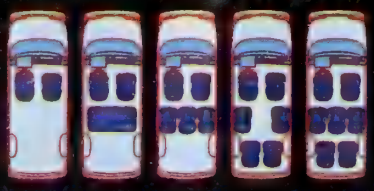
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(continued from page 38) under the guidance of an obstetrician.

Good exercise choices include swimming, slow jogging, walking, stationary biking, classes in low-impact pregnancy aerobics and gentle stretches. Most women should skip skiing, horseback riding, and any activity that strains the joints or involves jumping or jarring motions. And stay out of the sauna and steam rooms. Exposure to excessive heat may increase the risk of neural-tube defects and cause blood pressure to drop, which may make a woman lose consciousness.

Job stress is not so easily limited. Although it's difficult to prove that an abusive boss or a looming deadline can affect an unborn child, some research suggests that stress may be as bad for developing babies as it is for their mothers. "Professional women have a much higher incidence of premature labor and obstetrical complications," says Artal, who, along with a number of experts, suspects this may be related to the pressures of work. Special relaxation or stress-reduction techniques can help ease pressure, as can talking things over with a mental-health professional.

Playing it safe

To help keep pregnancy on a healthy course, medical tests abound. Women can now take maternal serum alphafetoprotein (MSAFP) tests to screen for chromosomal and neural-tube defects, such as spina bifida, a defect of the spinal column that results from a failure of the spine to close. Those over thirty-five and others who are considered at high risk are usually offered amniocentesis or chorionic villus sampling (CVS). During amniocentesis—performed between the sixteenth and eighteenth weeks of pregnancy—a small amount of amniotic fluid is withdrawn from the uterus through a needle. This test detects chromosomal abnormalities such as Down syndrome, as well as some metabolic diseases and developmental disorders. It also reveals the baby's sex. CVS—a newer test that involves removing and analyzing fetal cells from the placenta—can detect the same problems. CVS is performed earlier than amniocentesis, right after the second month of pregnancy.

Finally, ultrasound testing is being done more and more often. Ultrasound pictures can identify conditions such as ectopic pregnancy, in which the fetus is developing outside the uterus, congenital heart problems and multiple fetuses. It's also useful as a tool to monitor fetal heartbeat and growth, and can confirm a woman's due date.

If problems show up on the tests, they may be treatable even before birth. The fetus can receive blood transfusions through the umbilical cord, and some surgical procedures can be performed. Even when nothing can be done during pregnancy, advance notice of problems can help prepare doctors to treat their tiny patients as soon as they're born.



Bevil Knapp/Black Star

A TALE OF TWO PREGNANCIES

Forty-two-year-old Elaine Maney, who lives in a suburb of New Orleans, says giving birth to her first son ten years ago was a relative breeze. She watched her diet, finished a graduate course and, after an uneventful nine months, underwent a caesarean section, since baby Kevin was in the breech position. Her second pregnancy in 1988 on the other hand, was a medical ordeal. Ultrasound revealed that she was carrying twins, and that—plus the fact that she was now past forty—meant that her pregnancy was considered high risk. Concerned about premature labor, Elaine's obstetrician had her record her uterine contractions daily with a portable monitor and spend lots of time in bed. Today, Elaine, a program director with the Easter Seal Society of Louisiana, says all her care paid off handsomely; her healthy sons, John and Thomas, were born without any complications.

Future-perfect pregnancies

New developments may eventually render current prenatal tests obsolete. Scientists are working on examining women's eggs *before* they're fertilized and implanted in the uterus; someday they may be able to screen the eggs for genetic defects. That way, only healthy ones will be permitted to be fertilized and implanted. Preliminary research is also being done on tiny embryos to screen for defects. If the embryo tests positive for defects, the parents can choose not to implant it in the uterus. Other researchers are trying to develop tests for fetal chromosome defects using a sample of fetal cells in the mother's bloodstream.

Tomorrow's mothers will have even more to say about what their children's first nine months of life will be like. And that, in turn, should make pregnancy a more joyous experience than ever.



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The five most common maternity myths

SO YOU THINK YOU KNOW EVERYTHING THERE IS TO KNOW ABOUT PREGNANCY? TOP DOCTORS SHED LIGHT ON SOME OF OUR MOST COMMON MISTAKEN BELIEFS, FROM MORNING SICKNESS TO FOOD CRAVINGS



MYTH #1: Morning sickness always occurs in the morning.

FACT: Nausea and vomiting can occur at any time of the day or night, says Ina Cholst, M.D., assistant professor of obstetrics and gynecology at Cornell University Medical College, in New York City. Eating frequent small meals can help ease discomfort. The condition is almost never dangerous to mother or child, but it should be reported to a physician if it disappears before twelve weeks, persists into the second trimester or lasts all day.

MYTH #2: All pregnant women have strange food cravings.

FACT: During pregnancy many women crave foods that they don't ordinarily want. However, they don't always hanker for weird combinations. Some experts believe cravings may be caused by hormonal changes, says Patricia Burkhardt, C.N.M., director of the nurse-midwifery service at Columbia Presbyterian Medical Center, in New York City. Just because a woman craves a certain food does not mean she actually needs it. Some women experience aversions to foods they usually enjoy. These cravings and aversions usually disappear after delivery. Occasionally, pregnant women crave—and some actually eat—unusual nonfood substances such as chalk, dirt or laundry starch. This condition is called pica and should be reported to a doctor. Some doctors say eating these items may cause iron-deficiency anemia, while others maintain that iron-deficiency anemia causes these strange cravings.

MYTH #3: If you play music and talk to your tummy during pregnancy, your baby will be more intelligent.

FACT: Hearing Bach or Shakespeare in utero won't make your unborn baby smarter. However, it's true that many outside noises *do* reach the womb. In a recent experiment at the University of Southern California, in Los Angeles, researchers placed a tiny microphone behind a fetus's ear. They discovered that the instrument could pick up the sounds of people talking and doors opening.

MYTH #4: Rubbing cocoa butter on your abdomen can prevent stretch marks.

FACT: Stretch marks—officially known as *striae gravidarum*—develop when elastic fibers in the skin break down as a woman gains weight. Most doctors do not believe rubbing cocoa butter or other creams on the abdomen is of much help in preventing stretch marks, though it may help keep skin supple and smooth. However, women who gain weight gradually are less likely to develop stretch marks than those who gain a lot of weight suddenly.

MYTH #5: Once a caesarean, always a caesarean.

FACT: Twenty-five percent of all babies are delivered by C-section, making it the most frequently performed major operation in the U.S. However, for many, vaginal birth after caesarean (VBAC) is possible; 50 to 80 percent of women who attempt it succeed. In fact, in 1988 the American College of Obstetricians and Gynecologists (ACOG) began recommending that physicians encourage every healthy woman to try for vaginal birth following a C-section, as long as she does so in a fully equipped medical setting. Why? Doctors think it's best to avoid major surgery whenever possible. A woman who delivers vaginally is usually up and around a day or two after delivery (and should be completely healed in four weeks), while recovering from a C-section takes about eight weeks.

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The whole birth catalog

By Ann Ferrar

HAVING A BABY ISN'T JUST A FACT OF LIFE. THERE'S MORE THAN ONE WAY TO DELIVER, MORE THAN ONE TYPE OF HEALTH-CARE PRACTITIONER TO CHOOSE FROM. *LHJ* ANSWERS QUESTIONS ABOUT ADVANCES—AND CONTROVERSIES—IN OBSTETRIC CARE



How much does having a baby cost, and how much of the expense is covered by medical insurance?

Costs vary widely. However, according to the Health Insurance Association of America, it costs an average of $4,334 for a normal pregnancy and delivery: $2,842 for the hospital and $1,492 for the physician's fees. Caesarean births average a total of $7,186: $5,133 for the hospital and $2,053 for the physician. The average cost of a midwife's services is $994.

Insurance coverage varies widely. About 64 percent of American women have their maternity care paid for, at least in part, by private insurers. But 17 percent—almost ten million women—have no health insurance. These women must pay for their own care or apply for Medicaid. In 1985 Medicaid covered 542,000 deliveries. However, four out of ten obstetricians will not accept Medicaid patients due to low reimbursement and the paperwork involved.

I'm pregnant with my first child. Who should deliver my baby—an obstetrician or a midwife?

According to the National Center for Health Statistics (NCHS), 99.1 percent of all births took place in hospitals in 1987, the latest year for which figures are available. Over 96 percent of these hospital deliveries were attended by physicians. Midwives delivered nearly 114,000 babies (2.6 percent of births) in 1987, up from fewer than 30,000 babies in 1975. Physicians and midwives often have sharply differing approaches to birth. Many obstetricians favor a high-tech method, while most midwives prefer a more natural approach that involves little or no medical intervention.

In obstetrician-attended births, the use of medications and continuous electronic fetal monitoring is routine. Obstetrician-attended births are also characterized by medical procedures such as episiotomies.

Whether they work in hospitals, in alternative birthing centers within hospitals, at free-standing birthing centers or at home, midwives generally encourage mothers to avoid painkillers and instead to control discomfort using other means, such as relaxation and breathing exercises.

Whether a woman chooses an obstetrician or a midwife depends on her personal preference, though women whose pregnancies are considered high risk must be under the care of an obstetrician and give birth in a hospital setting.

What exactly is natural childbirth?

Experts define natural childbirth as a normal vaginal delivery during which a woman uses no medication. Both midwives and some obstetricians use the method, in which major medical intervention is used only when absolutely necessary.

The major schools of natural childbirth—also known as prepared or participatory childbirth—are based to some extent on methods originated in the 1930s by British obstetrician Grantly Dick-Read, and on the Russian system of psychoprophylaxis. Russian researchers formulated this system based on the notion that pain was a conditioned psychological reflex and that by using breathing, massage and pushing techniques, laboring women could be mentally conditioned not to focus on pain.

In the 1950s French obstetrician Ferdinand Lamaze adapted and popularized these techniques. Other schools that you may have heard of are the Gamper and Bradley methods, and the Kitzinger, Simkin and Noble approaches. These methods have many similarities, stressing relaxation and breathing, though the techniques and emphasis may vary. Husbands or other labor partners are encouraged to participate and offer the mother psychological support. Depending on the method, weekly classes may begin as early as the first trimester or as late as the seventh month. Prices also range widely. For example, a natural-childbirth course can cost anywhere from $50 to $200, depending on what part of the country you're in.

I've heard that taking painkillers during labor and delivery can be bad for the baby, but I'm not sure I'll be able to give birth without medication. What are my options?

There are several pain-control options available today. Natural-childbirth classes can help women control *(continued on page 50)*

J.T. Miller

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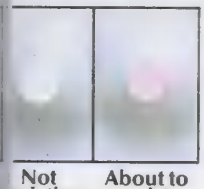


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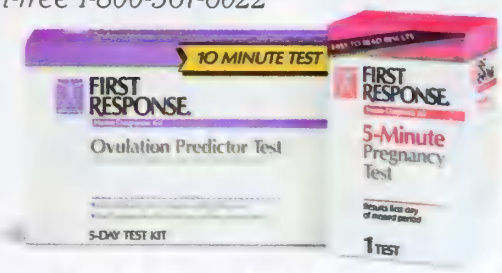
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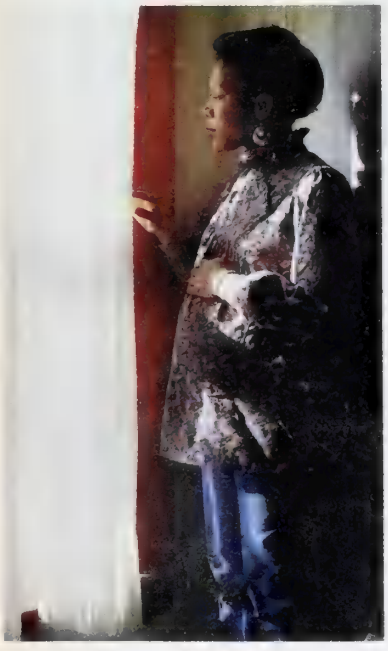
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(continued from page 46) the discomfort of labor and delivery. Some women, however, may also need painkilling drugs. Luckily, the medications currently being used are safer than ever.

There are two main types of painkillers: analgesics and anesthetics. Systemic analgesics, such as the narcotic Demerol, are given intravenously or intramuscularly. They lessen pain without causing total loss of sensation or loss of consciousness. Systemic analgesics may cause drowsiness. Depending on the specific drug and mode of administration, it may not be safe to take the medication near the time of delivery, since it may slow the baby's reflexes and breathing.

Anesthetics, given by injection, cause loss of sensation, either locally, regionally or generally, depending on the particular drug and dosage. Local anesthesia is injected into the vagina or perineum (the area between vagina and anus) to ease pain during delivery with forceps or a vacuum extractor, an instrument that adheres to the baby's scalp by suction, or prior to an episiotomy. But it does not ease pain from contractions. Local anesthesia rarely affects the baby.



The pudendal block is one form of regional anesthesia. Used primarily during instrument deliveries, it is performed by injecting anesthetic into the left and right pudendal nerves, inside the vagina. Since these nerves can be difficult to locate, its success depends on the skill of the doctor performing it.

These days, the epidural block has become a commonly used pain-control option. Depending on the drug and dosage, it can act as either an analgesic or an anesthetic. Either way, medication is injected slowly or fed continuously into the lower back via a tube, numbing the lower half of the body, easing the pain of contractions.

The biggest risk of an epidural block is faulty procedure, which can cause severe headaches and lower the mother's blood pressure; this may in turn slow the baby's heart rate. It can also cause women to lose some muscle control in the lower body, making it harder to bear down during delivery. If this happens, the baby may have to be delivered by caesarean or pulled out with forceps or a vacuum extractor.

The spinal block is another regional anesthetic injected into the lower back. It takes effect quickly but does not last long. It is used most often for delivery with forceps, vacuum extraction and caesarean birth.

General anesthesia, administered through a face mask and intravenously, makes a woman lose consciousness. She may feel woozy, tired and possibly nauseated for several hours after waking up. Because of the danger of regurgitating stomach acid, general anesthesia is used only in emergencies, such as when an epidural or spinal is not available, or when there's not enough time to administer an epidural or spinal.

What is an episiotomy, and who needs one?

An episiotomy is a surgical cut made in the skin and muscles of the perineum to enlarge the birth opening. Just how necessary episiotomies are has become a topic of heated debate among some obstetricians and natural-childbirth advocates.

Obstetricians have traditionally believed that making a clean, surgical cut is less damaging to the mother's skin, rectum and muscles than if an episiotomy is not done and the baby's head makes one or several jagged tears.

Many experts have challenged the high rates of episiotomy—as much as 90 percent for first-time deliveries—claiming that the procedure has never been proven safer than letting a woman tear. A tear, they say, is usually smaller than the episiotomy, and tears often affect only the skin and not the underlying muscles and are thus easier to repair and heal more quickly.

According to John M. Thorp, M.D., assistant professor of obstetrics and gynecology at the University of North Carolina at Chapel Hill, the latest research shows that episiotomies do not reduce the severity of perineal and rectal laceration but, in fact, increase a woman's likelihood of suffering further tearing in addition to the surgical cut. A recent study found that among women who had episiotomies, those who gave birth lying on their backs were more likely to suffer severe lacerations than were those who delivered in other positions, especially when stirrups were used. However, many doctors contend there may be value in performing episiotomy to prevent pelvic relaxation—a condition in which the muscles and tissues supporting the uterus, bladder and rectum become damaged—ultimately leading to uterine prolapse, and urinary and fecal incontinence.

Because such problems may not show up for as many as twenty years after childbirth, researchers have not yet determined whether episiotomies really will prevent pelvic relaxation and the problems that go along with it.

According to Thorp, there are now only three clear-cut indications for the use of episiotomy: when the baby is in distress and a swift delivery is necessary to prevent fetal damage; when a baby being delivered vaginally is in a breech postition; or when forceps are being used for a woman's first delivery. ■

Experts interviewed include Yvonne S. Thornton, M.D., associate professor of obstetrics and gynecology, Cornell University Medical College; Constance Bohon, M.D., attending physician at Columbia Hospital for Women in Washington, D.C.; Marion McCartney, C.N.M., founder of Maternity Center Associates in Bethesda, Maryland, and co-author of *The Midwife's Pregnancy and Childbirth Book* (Henry Holt, 1990); Mitchell Golbus, M.D., director of the reproductive genetics unit at the University of California at San Francisco; Stephen A. Myers, M.D., director of maternal-fetal medicine at Mt. Sinai Hospital in Chicago; Saul Pytka, M.D., an anesthesiologist at Grace Maternity Hospital in Halifax, Nova Scotia.

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WHAT'S HOT SUMMER STARS

Two appealing talents who have struck box-office gold in warm seasons past are banking on new films to bring out their fans



PATRICK SWAYZE RIDES AGAIN

By Kathryn Casey

HE'S NOT WEARING A STETSON, BUT PATRICK SWAYZE—DRESSED IN A black T-shirt with the sleeves torn off and skin-tight black jeans—looks no less a Texas cowboy. And he is one—for real. Right now he's sitting with his blond actress-wife, Lisa Niemi, in the rustic office of a ranch owned by friends, forty miles north of Houston, and talking about his magnificent obsession. Surprise—it's *not* his new movie, a romantic comedy called *Ghost*, which opens this month.

No, what the thirty-eight-year-old actor most wants to tell the world about these days is thoroughbred Arabian horses, of which he owns several. He suddenly throws back his muscular shoulders, rears up and swells his chest to mimic one. "These are intelligent animals," Swayze roars. "You try to train one of these horses by using a two-by-four between his ears and he's not going to take it."

"What good is a horse if you destroy his spirit?" chimes in Niemi, thirty-three, who's also wearing black jeans along with a purple dress shirt that belongs to her husband. "You're either going to absolutely deflate him or he's going to rebel. You want them to have that kind of spirit. It's what makes them special."

The sense that he, too, has an untamed, rebellious spirit is what makes Patrick Swayze a special—some say difficult—actor. The rough-hewn former dancer has usually been typecast as the tough-yet-vulnerable hero—most dynamically as *Dirty Dancing*'s sexually charged Johnny Castle, most recently in less successful action movies such as last year's *Road House* and *Next of Kin*. Swayze readily admits to having a mercurial nature—which was developed partly because "Texas gives you a belief in yourself," he says. "I can be pretty volatile at times—I love to argue. But finally, through a lot of therapy, I've lost the righteousness. If you're righteous, there's no way to grow. So I work really hard at shooting down my ego every time it shows its little horns."

Swayze was raised in a middle-class neighborhood in north Houston, the oldest of three sons in a brood of five. Drawing on the athletic prowess of his father, an engineering draftsman and horseman, and his mother, a classically trained ballet instructor, he began dancing "from the time I could stand." Although comfortable in leotards, he didn't quite fit the rough-and-tumble Texas image.

"I got beat up badly," Swayze recalls, grimacing. "It got so I had a real chip on my shoulder. My father used to say, 'If you ever start a fight, I'll kick your tail. But if you ever don't finish one, I'll kick your tail.' So I always covered myself well, I always let the other guy throw the first punch. I went for a long time with a lot of pent-up anger inside of me. But I started seeing, as time went on, that it was a dead end."

To resolve that anger, Swayze took up more macho activities, including track and football. At one point his mother even traded ballet lessons with neighborhood karate instructors so her sons could learn the martial arts. Swayze eventually studied everything from Buddhism to transcendental meditation to try to put his feelings in perspective.

The physical rigors of dance and athletics—plus the occasional fistfight—left him a legacy of pain. Most of his bones have been broken, including his ribs, an ankle, a foot and all ten fingers. In the late seventies he nearly lost his left leg when his knee, which had been broken five times, swelled with a *(continued)*

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WHAT'S HOT

(continued) staph infection while he was dancing with the Eliot Feld Dance Company in New York City. "There were massive amounts of scar tissue around the joint, and it was incredibly painful. I thought I would be a cripple, unable to ever dance or straighten my knee again. It changed my life," says Swayze, who decided to quit ballet and pursue acting to prevent further injury.

That was the second time his life changed; the first, he says, was when he married Niemi, whom he declares is "fifty percent responsible for my success. She's my best friend. Our goals include each other." But Swayze admits that their fourteen-year marriage hasn't always been tranquil. "You don't ride off into the sunset, and it isn't always lovely," he says. "It takes work."

"It's not like we've ever settled in a groove," adds Lisa, who was just fifteen when she met Patrick in his mother's dance class. "Things change quickly. We challenge each other a lot, and there are definitely no dull moments."

Nor were there many during their first years in Hollywood, when Patrick—who already had won supporting roles in such films as *Uncommon Valor* and *Youngblood*—and Lisa became part-time carpenters to help pay their bills. ("Her finishing work is better than mine," Swayze says, laughing.) Their woodworking skills have come in handy at Rancho Bizarro, their pastoral, five-acre spread at the foot of the San Gabriel Mountains. They've been renovating the place since 1986 and describe it as their private "paradise," populated with peacocks, peahens and two standard

(continued on page 60)



Warner Bros.

BONNIE BEDELIA'S BREAKTHROUGH

By Bonnie Siegler

It's nice work if you can find it; actress Bonnie Bedelia gets to share the screen this summer with two of Hollywood's most swashbuckling swains. She plays Bruce Willis's wife in *Die Hard 2*, and she stars as Harrison Ford's spouse in *Presumed Innocent*, the film version of Scott Turow's best-selling mystery.

How does she describe her dashing co-stars? Well, Willis is "fun, a good guy, easy to work with," she says, but then confides, "I have to say, hands down, that Harrison is my favorite leading man." She's quick to add, "I've never had a romance with any of my leading men," although she does concede that "as an actor, if things are working, there's a part of you that *does* fall in love."

In real life, her heart belongs to actor Peter Riegert, star of *Crossing Delancey* and *Local Hero*. "He gets recognized more often than I do," confesses the brown-haired Bedelia. The couple met four years ago in Argentina, on the set of a film called *The Stranger*, and have been "going steady," as Bedelia calls it, ever since. The two now commute between his home in New York City and hers in Los Angeles. The key to their relationship: "There has to be a real tolerance," says the forty-two-year-old actress. "This line of work is very hectic; you're always going away, coming back in a completely different mood. It's demanding, very tension-making, and it's crazy."

Despite her hot streak—Bonnie will also co-star with Roy Scheider in *Somebody Has to Shoot the Pictures*, an upcoming HBO crime thriller—her attitude, like her outfit of jeans and a simple blouse, is low-key and down-to-earth. Her idea of fun is painting, skiing or reading; she prefers small gatherings to large ones. "As a rule, I don't like parties," she says. "That's my personality. I just don't enjoy them and wouldn't even if I lived in Peoria and were a dental assistant."

And unlike many of her more famous Hollywood neighbors, she doesn't consider acting the most important thing in her life; Bedelia, who's divorced, took several years off from her career to raise her two sons. Today, the teenage boys live with her, but they don't see their busy mother often. Looking back on her earlier decision to drop out and stay home, Bedelia says, "I probably should have taken that time off *now*, because my kids seem to miss me these days. When they're two, they don't even know you're gone."

Bedelia's own childhood was impoverished; she grew up in a Manhattan tenement, the daughter of a playwright and book reviewer. "We shared a bathroom with another family down the hall, and we were so poor it was hard for us to pay the gas bill," she recalls. Bonnie, the third of four children, inherited her father's love of the theater. She convinced her parents to let her start acting, and at age nine she made her debut to rave reviews as Becky Thatcher in a settlement-house production of *Tom Sawyer*.

Although celebrity has eluded her, Bedelia has always been a hit with critics and respected by her fellow actors. In 1983 she was lauded for her portrayal of race-car driver Shirley Muldowney in *Heart Like a Wheel*. Being a box-office draw isn't crucial to her self-esteem, she says. "I'm the most successful person I know. I have raised two very beautiful, bright, compassionate children who are the joy of my life, and I work with some wonderful people. I always seem to have a good time."

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WHAT'S HOT

continued from page 54

poodles, among other pets. Whether or not their paradise will include kids, however, remains a big question mark: Although Niemi has said that Swayze "adores children," he's reluctant to discuss any plans for fatherhood.

Despite his innate restlessness, Lisa says, her husband is a homebody. "We could go out a lot more than we do. He's really pretty old-fashioned in that way." Swayze furrows his brow. "You have to be careful who you hang around with in Hollywood," he says. "It's hard on a marriage. We don't live there, and that's a conscious decision." They used to enjoy frequenting clubs, but since *Dirty Dancing*, most of their fancy footwork has been done in the studio they've installed at their home. "Otherwise, everyone watches to see how we'll do," explains Lisa.

The show-business events they do attend are carefully chosen, and Niemi doesn't always join her husband. "There have been a few instances where people would actually shove me out of the way to get to Patrick," she says. "It's rude, and what it says to me is that I don't matter. Sometimes I have to remind friends, people in the business, that I'm an actor, too." Meanwhile, Swayze is unimpressed by his sex-symbol status. "Before all this, women wouldn't give me the time day," he scoffs. "So now, just beca I'm famous, they want to jump on bones? Come on."

Although the projects he has pick since *Dirty Dancing*—including 1987 action flick *Steel Dawn*, in wh Niemi also starred—have been criti disappointments, Swayze notes t haven't all been unsuccessful. "*R House* made thirty million dollars the box office, and it's been hot on v eo," he says. And while he and L are now considering two scripts w



Patrick and Lisa rarely step out in the Hollyw social circles these days. "It's like cult shock," he says

dance themes, he says he won't give on action movies. "You have to pl the game to be in this business. You got, on a certain level, to be comm cial. If you do nothing but art fil and they don't make a dime, do y think you're going to get hired mu longer? You have to think from a bu ness point of view. Money permeat everything in the entertainment i dustry, and—as sick as it is—the will always be a place for *Porky's*."

His new film, *Ghost*—in whi Swayze plays a spirit who tries to co municate with his old flame—is a w come change of pace. Neither of h co-stars, Whoopi Goldberg and De Moore, has been particularly hot the box office lately, but Sway believes the film's prospects are goo "It's a four-hankie movie," he sa adding that he thinks it's his first fort since *Dirty Dancing* that "w leave the audience smiling. I real feel good about the direction my care is going."

One week later, Swayze himself smiling as he accepts a blue ribbon Houston's Azalea Classic Chari Horse Show. So what if it's not an C car—the legions of teenage girls in a tendance still squeal when Patri climbs down from his bay gelding. At time when so many other Hollywo dudes are buying ranches so they c play at being wranglers, it's clear th is one star who'll always be at hon on the range.

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Single again, this glamorous star is taking time out to enjoy her kids and trying to keep her life on an even keel

JACLYN SMITH "I'm still the marrying kind"



Charles William Bush

By Christopher Andersen

"Yes, I guess the public sees me as a woman who is always calm and in complete control," says forty-two-year-old Jaclyn Smith, as she gracefully pours tea in her formal Bel Air living room. It's the perfect picture of aristocrat chic, complete with Italianate pillars, forest-green walls and floral-print sofas on such a grand scale they might be more at home in Buckingham Palace. "Of course, that couldn't be further from the truth," she insists. "I do try to keep things on an even keel for my children. But, God, it isn't always easy."

Things certainly haven't been easy for Smith since the bitter breakup last fall of her nine-year marriage to British cinematographer Tony Richmond (*Don't Look Now, Nightkill*), forty-seven. Gossip columns have been filled with tales of Richmond's alleged drinking problems and reported romance with a makeup artist he met in 1988 while shooting a film in Florida. But Smith is quick to point out that "the tabloids have not said what's really happening. There are shreds of truth here and there, but not the whole truth. They've gotten most of what happened all wrong."

So what *did* cause the split? Smith, whose previous marriages to actors Roger Davis and Dennis Cole also ended in divorce, thinks long and hard before answering. "Things are so distorted in the press. They've gotten the facts all wrong, but I feel it would be a betrayal if I talked in detail about what happened and didn't tell the children first. When they are old enough to understand and they ask me, I'll tell them everything. Right now, all they need to know is that they have a mommy and a daddy who love them and care about them. Fortunately, the one thing Tony and I *do* agree on is these two children. They come first."

Rather than subject her children—and herself—to a long, ugly courtroom battle, *(continued).*



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(continued) Smith paid a $4 million settlement to Richmond. She got sole custody of the kids, so eight-year-old Gaston and four-year-old Spencer Margaret now live on their mother's French provincial-style estate, which boasts marble mantelpieces, Baccarat-crystal chandeliers and gold bathroom fixtures. The house, with its sprawling terrace shaded by green-and-white-striped awnings, might be something straight out of *The Great Gatsby*—if it weren't for the basketball hoop over the garage and the kids' bright-yellow-and-blue plastic playhouse, the sort that could be found in any suburban backyard.

Although her divorce has made her personal life bumpy, Smith's professional life is going smoothly. In exchange for a multi-million-dollar contract, she continues to lend her name to a line of fashions for K mart. ("People can be label-conscious, but the quality of my clothes is as high as that of the top designers," she insists. "We use the very same fabrics from the very same factories.") Her Max Factor perfume, Jaclyn Smith's California, is doing nicely, too.

Jaclyn works hard to promote her fragrance: She traveled to Japan earlier this year, whisking from city to city on bullet trains, sandwiching talk shows and receptions between department-store appearances. While she didn't complain about the punishing itinerary, she did fret about leaving the kids behind. "Gaston didn't mind that much," she allows. "He didn't want to miss basketball tryouts or baseball practice at school."

These days, though, Smith arranges her schedule around her kids, and she makes sure she gets home in time to pick them up from school. "Spencer Margaret looks through the schoolyard fence, and her face lights up when she sees me coming," says Smith. "Fame, wealth—it means nothing compared to that."

Indeed, at times Smith seems exceedingly concerned with the effect all her recent domestic turmoil might have on Gaston and Spencer Margaret. "When we first got separated, I worried and worried about how the kids would react. So I called their teachers and asked how the kids were doing, and the teachers said, 'They're doing great.' Sure, you feel you've failed, but then you look at the children and you say to yourself, 'They're all that really matters.' "

Smith's children are already developing distinct personalities. "Nothing seems to bother Spencer Margaret," says Mom. "She can really hold her own. She's tough." Gaston, however, is "much more complex. I see a lot of myself in him. He is fiercely loyal, extremely sensitive—much more of a worrier than his sister, and not as independent." Now that his father no longer lives with the family, for instance, Gaston worries about divided loyalties. He frets about whom to bless first when he's saying his prayers. "He told me he thought it was fair if sometimes he blessed Daddy first instead of me," says Jaclyn. "I told him I thought that was beautiful."

What Smith wants most for her children is the "uncomplicated, free-spirited youth I had. I used to run barefoot through the grass, roller-skate on the sidewalks, skip rope, play jacks. I want them to have the same terrific childhood memories that I have."

Those memories began back in Houston, where she grew up the daughter of a well-to-do dentist. A ballet student from the age of three, Jackie spent a year studying at Trinity University Drama School in San Antonio before heading for New York City. There, she lived at the Barbizon Hotel for Women while breaking into television with commercials for Breck, Wella Balsam and, of course, Max Factor.

In 1976 she was cast—along with Farrah Fawcett and Kate Jackson—as one of the original *Charlie's Angels*. When the series zoomed to the top of the ratings, Smith's career as a bankable television star soared with it. After she left the series in 1980, she branched out into TV movies and mini-series, adding to her credits such top-rated dramas as *Jacqueline Bouvier Kennedy*, *Rage of Angels*, *George Washington*, *Florence Nightingale* and *The Bourne Identity*.

Although she took flak from reviewers for being in so many mini-series, Jaclyn says she was just glad to be working. As for critics in general, she says, "You can't get too wrapped up in a real positive review or a real negative one. You have to take seriously what goes on inside yourself. That's all that counts."

Not that Smith is one to suppress her feelings. "Usually, I play these very outwardly emotional characters where everything shows on the face," says Jaclyn, "and that is what I really am. It's real easy to read my emotions. When I was a child, Mother said she could always tell what kind of a day I had at school because if it was bad I would just come home crying. I still just burst into tears when my feelings are hurt. I make no attempt to cover it up."

"Sure, you feel you've failed," says Jaclyn of her divorce, "but then you look at the children and you say to yourself, 'They're all that really matters.' "

She also admits to having a Vesuvian temper. "Oh, sure. I can really blow up. But only a few things make me angry," she adds in an oblique reference to her unraveled marriage. "Lack of fairness, dishonesty. . . *betrayal*." Smith starts to laugh, then predicts how this article is going to read: " 'Oh, yeah, she's very emotional. And she's really mad that nobody's getting the facts about her separation right. Only trouble is, folks, she won't talk about it. That's why she always sounds so bland!' Honestly, that's the trouble with a Southern upbringing. You really don't talk about this private stuff. It just isn't very classy."

She is not shy about speaking up on the set, however. "I've learned you have to fight for what you believe in," she says flatly, "or they'll just run all over you. You'll just be a piece of meat up there, a commodity. You have to stand strong for what you believe in, even if it goes against everything you've been taught. When I tell my parents what goes on here, they are *shocked*. They don't believe it. Daddy will say, 'You sound like everyone else out there now. You've changed.' Well, thank God! I had to change to survive."

Smith's home clearly reflects the tastes and standards of an incorrigible perfectionist. Snapshots of the children, for example, are neatly cataloged in labeled, Moroccan-leather bound volumes that bear more than a passing resemblance to the *Encyclopædia Britannica*. There are crystal vases full of dried flowers, and tables heaped with books on antiques, architecture and art (an inveterate collector, Smith haunts galleries and auction houses whenever she has the chance). *(continued)*

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JACLYN SMITH
continued

When she notices that the edge of a magnificent Oriental carpet has faded, Smith leaps to her feet in a panic to assess the damage. "How did that happen?" she asks her assistant, Alana. "I mean, can sunlight do that?! Let's get someone in to fix it right away."

Despite a household staff that includes a cook, housekeeper, nanny and gardener, Smith seems to be in constant motion. She admits to a compulsive streak. "Oh, I'm working on it," Jackie laughs, tossing back her thick mane of chestnut hair. Actually, Smith has always talked about her passion for neatness—and she is beginning to wish she hadn't. The tabloids have already hinted that she is, well, obsessed. "I was always joking about my compulsive neatness," she sighs. "Now I read in the tabloids about how rigid I'm supposed to be, and I think, Hmmm, maybe I joked a little too much."

Between the demands of her schedule and the strain of her third divorce, Smith finds solace in religion. Her grandfather was a Methodist minister, and she attends the Westwood Methodist Church every Sunday with the children. She also leans heavily on her parents. "Other people have shrink
says Jackie. "I just talk things ov
with my folks. I go to them for advi
for approval. We are closer than eve
So much so that she has tried to co
vince her mother and father to mo
from Houston to Los Angeles. "Th
are real Texans, you know," she sigh
"But I'm working on them. I wa
my children to grow up around lovi
grandparents like I did."

What about Jaclyn moving back
Texas? That's unlikely for the time
ing. Although her two-hour detecti
show, *Christine Cromwell*, was ca
celed by ABC in May, she has anoth
television-movie deal at that netwo
But she is wary about discussing it.
firmly believe," she says, "that thin
can be jinxed."

The opportunities that have co
her way make her feel vindicat
about her talent. "It really bugs
when I get pigeonholed as this sli
Charlie's Angel," protests Smith. "
face opened doors for me at first, su
I can't complain. Listen, there are gi
much younger and more beauti
than I am champing at the bit to ta
my place, but after fifteen years, M
Factor keeps renewing my contract.
it must be more than just looks."

Still, Smith is a realist and kno
that in Hollywood, looks are cruci
She says she won't rule out plastic s
gery in the future ("In my professi
someday I may have to") but says
would be a last resort. "I'm
wrapped up in my looks," she insis
"Can you imagine looking in the m
ror and screaming, 'Oh, my God, I
got a line here and a wrinkle the
It's utterly pointless." As for the i
pact growing older might have on
career: "Hey, maybe then I'll get
fered those juicy character parts!"

For all her beauty and glamo
Jaclyn is "home most evenings, a
that's okay," she declares. Althou
stories have linked her romantica
with longtime friend David Niven,
forty-eight, she adamantly denies p
lished reports that she is already c
sidering a fourth trip to the alt
"How could I come out of a marria
with children and immediately go i
another serious relationship?"
says. "It's absurd." Have her fai
marriages soured her on the insti
tion itself? "Absolutely not! I'm not
ting at home by the phone, waiting
some man to ask me out, but hopefu
I will not spend the rest of my
alone either. I mean, I'm a marryi
kind of girl. That's pretty obvio
don't you think?"

*Christopher Andersen writes frequen
about celebrities for Ladies' Ho
Journal.*



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PARENTS' JOURNAL

A guide to child rearing in the nineties. By Mary Mohler and Margery D. Rosen

WHEN EVEN THE BEST ISN'T GOOD ENOUGH

Help for parents of perfectionists

Jared, eight, is afraid to raise his hand unless he's certain he knows the answer. When he reads aloud, he stumbles over words because he's so worried about mispronouncing them.

When twelve-year-old Lee scored 95 on a math test, she sobbed for an hour because she felt she hadn't done well. Her book report was a week overdue because she "couldn't get it right."

Jared and Lee are perfectionists. For these children, anything less than the best is unacceptable. Although most perfectionist kids are high achievers with above-average intelligence, the world for them is filled with unattainable goals and unrealized expectations.

Why do some kids develop such unrealistic standards? To a large extent, experts believe, the tendency toward perfectionism runs in families. "Some children are innately more open to new experiences; they roll with the punches," says Eileen Shiff, M.S., director of the Child and Family Studies program at Glendale Community College, near Phoenix, and editor and co-author of *Experts Advise Parents* (Delacorte Press, 1987). "Other children have an image of what every activity should be like and how they should act in a given situation. If they fail to match that image, they get very upset."



Of course, every child who's concerned with detail is not a perfectionist. However, experts believe that if the attention to detail is overwhelming, if the child seems chronically anxious or unhappy with herself for not measuring up, or is unwilling to try things for fear of failure, then it's time to address the problem. What can you do?

SET A GOOD EXAMPLE. Let your child know that everyone makes mistakes and it's not the end of the world. Sometimes, when we try to encourage our children in their endeavors, we talk too much about our own successes and not enough about our struggles along the way. "That gives kids the idea that their parents never made a mistake," explains Shiff, "so they figure they're not entitled to any either."

Of course, be careful not to give mixed messages. Did you get upset because your husband bought the wrong brand of spaghetti sauce? Does he get angry when dinner is five minutes late? If you expect perfection in yourself or your spouse, your child will find it difficult to understand why you're urging her not to be so hard on herself.

SET REASONABLE STANDARDS. One of the worst things a parent can say to a child, notes Debora Phillips, Ph.D., author of *How to Give Your Child a Great Self-Image* (Random House, 1989), is, "If you try harder, you can do better." That statement implies that the child has more than he's giving, "and he'll always feel there's some elusive goal he could reach if only he did a little more," says Phillips.

Instead of focusing on the end product, concentrate on the effort your child makes. Don't say, "You're so smart, I'm really proud of you," but rather, "You really tried hard; you must be so proud of yourself."

DON'T INTERFERE. Parents who take over completely or redo a project give a child the message that she can't do something correctly on her own. If your child panics over a school project, don't jump in and finish it for her. Encourage and make suggestions, but let her fiddle with it on her own.

HELP A CHILD BREAK DOWN TASKS. "If children never experience any success, it's hard for them to feel good about themselves," notes Joan Bergstrom, an early-childhood educator at Wheelock College, in Boston. For instance, if a paper seems impossibly long, suggest she divide it into three sections and complete one at a time, taking a break after each.

DON'T IMPLY THAT SUCCESS HAPPENS RIGHT AWAY. It takes time and practice to, say, work a potter's wheel or learn to play baseball. The child who can take pleasure in the challenge will not expect to hit a home run his first time up at bat. —ANNE MAYER

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PB&J

By Anne Sheffield

ONE MOTHER'S STORY

With my stuffed briefcase in one hand, I steer my two-year-old son, Jason, from the driveway to our front door. I go back to get the groceries and clean the crackers and diapers from the backseat. Why is my daughter still sitting in the car with the door open? Clamping Jason between my knees so he won't taxi off our raised lawn and crash onto the sidewalk, I pick up the newspaper, pull letters from the mailbox and unlock the door. Jason orders: "Coat off! . . . TV on! . . . Juice! . . . Hungry! . . . Chocolate!"

"Wait a minute," I say to him (and to my thirty-five students, who want their essays back, and to the bookstore manager, who wants my order for next semester). In the living room, with its child-worn rug, I unzip Jason's parka, pry him away from the woodstove tools, then turn to Rosie coming in, her backpack hanging from her shoulder like a broken wing. "Nobody helped me out of the car. Everybody just helps Jason," she weeps.

"Rosie," I reason, "now that you're six, you can do things by yourself." My mother tells me that my problem is trying to be logical with children—it's easier to just change the subject. She'd have stopped the tears with: "I wonder if the ice cream is melting out there in the car."

Rosie lets her coat slide to the floor in a big nylon puddle. I dash out for the groceries, which I carry all at once to avoid another trip. I've been expecting Jason to lock me out, because he has figured out how the doors work. He did lock his baby-sitter out on her deck once. She had to climb through her garage to get back inside.

My coat still on, I put the ice cream in the freezer. Jason grabs the bananas and tries to peel each one, so I chase him, retrieve the hoard from his bed and find him in the kitchen again, where he is removing the lids from all the yogurt cups.

Rosie holds up both hands like a traffic cop and waves us away. "Read him his monster book—you know, the one he likes—and I'll put everything away," she says.

"Are you sure?" I ask. She nods. "Well, call me if you need help," I offer.

"Cookie," Jason bellows. Rosie opens the package of fig bars and gives him one for each hand, then does the same for me and shoos us out of the kitchen. "Peepee . . . too late," shouts Jason.

In the bathroom, Jason and I spend a lot of time examining his favorite page in the storybook—for him, each book has its best part, and that's really all he's interested in. Yes, I tell him, the billy goat is butting the troll into the river, and no, he never comes up again. I pick up wet washcloths and dropped toothbrushes. He perceives his potty as a reading chair. He's learned colors here and he can count to three—the only impact of toilet training.

The phone rings: My husband will be late, so there's not the usual rush to get dinner. When I return to check on Jason's progress, I find a poop in the bathtub.



"Castle," he says proudly. My children have responded to toilet training as if it were an artistic act, naming each sculptural creation: "rocket ship," "football," "sea monster." On my knees on the bath mat, I think: Why don't teenagers baby-sit anymore? What will they invent to help us survive the two-child, two-job lifestyle?

Just then Rosie opens the kitchen door and calls, "Dinner is ready." Jason stampedes to the table and climbs into his booster seat. He grabs the gooey, cockeyed peanut-butter-and-jam sandwich and eats as enthusiastically as the littlest billy goat in the meadow full of flowers.

"Here's yours," Rosie says, pointing to my paper plate, with its more or less diagonally sawed sandwich. "Triangles," she explains modestly. She looks so expectant that I take a bite right away and say, "Delicious." She smiles, her front four grown-up teeth all at different stages of arrival.

"That's Daddy's," she says, pointing to a double-decker, "because sometimes he skips lunch." Around his plate she has arranged silverware in an abstract pattern.

"This is mine. I tried to cut it in the shape of a heart." She takes a bite sideways to reach teeth that work, closes her eyes and sighs, "Mm-mm-mm."

"More," Jason demands.

"Wait just a minute, buster," she says. She reaches for the jars in the middle of the table and spreads peanut butter on one piece of bread, then strokes strawberry jam on the other, as though she were applying paint to a canvas. "You can put the jam on first, or the peanut butter," she explains. "Or you can put some of each on both pieces of bread, but you can't put peanut butter on jam because it won't come off the knife." The scientific method. Slapping the two pieces of bread together, she hands the sandwich to her brother. For the first time ever, he says, "Thank you."

"You're welcome," she says graciously.

"Thank you very much, Rosie," I add. "It's a great dinner."

She yanks open the refrigerator door. "I made more for tomorrow." The shelves are stacked with sandwiches in Ziploc bags. "Now you'll have lots of time to do your work." She gives me the same floppy snuggle we've given each other for her whole six years. "But tomorrow you'll have to go shopping again—I made a list." On adding-machine paper she has written:

pentbtr
bred
strbrre jm
glo

"What's this last one?" I ask.

"Glue," she says, amazed at my inability to read. "I'm making crowns for everyone."

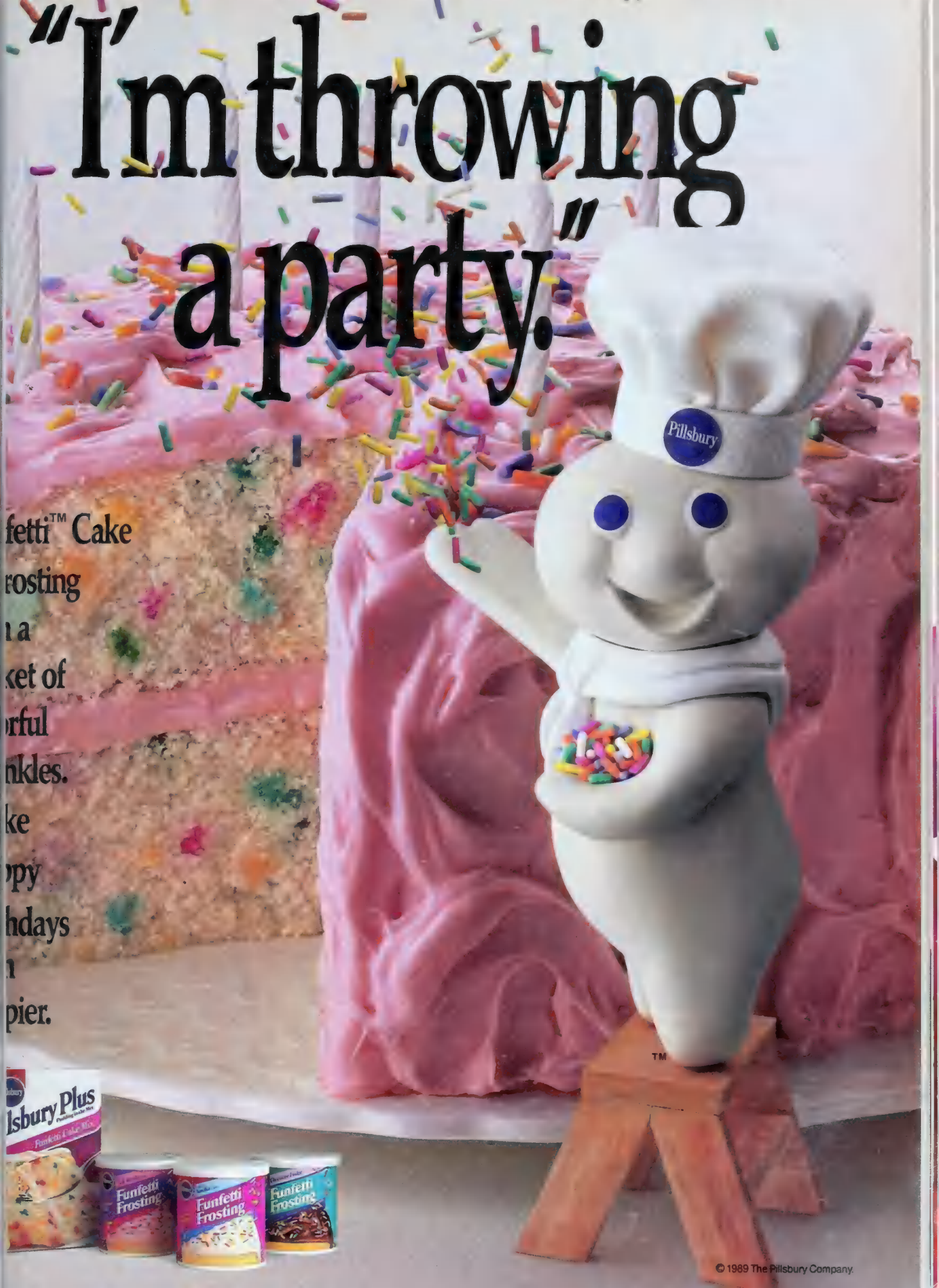
We hear the front door bang open and then the thud of my husband's briefcase. Rosie puts a finger to her lips to keep us quiet. "Anybody home?" he calls.

As he enters the kitchen, she gives us the cue and we yell, "Surprise!"

Far away, I hear a troll splashing into deep water.

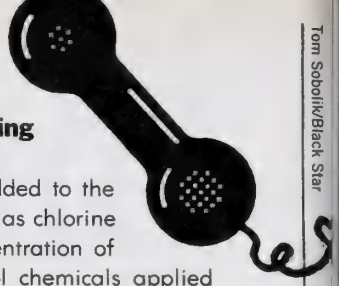
Anne Sheffield is a teacher and a fiction writer who lives in Pawcatuck, Connecticut.

Elke Zimmer


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PARENTS' JOURNAL

ASK THE DOCTOR



I want to take my eight-month-old into the local swimming pool with me. Is the chlorine harmful to a baby?

To keep pools safe to swim in, a number of chemicals are added to the water. One of these is a solution of hypochloride, better known as chlorine or household bleach. The chlorine helps keep down the concentration of bacteria and gives the pool its characteristic odor. While pool chemicals applied directly to skin are very caustic, if the pool is properly maintained and the amounts of chemicals are adjusted on a regular basis, pool water presents no hazard to human health. Do exercise caution, however, as small babies may swallow large amounts of water and the water itself can become a hazard. But severe or permanent problems are very rare. Still, a rinse after leaving the pool is always prudent to wash away residual chemicals.—John Tilelli, M.D.

I have two children, one year and three years, and we're about to move into a beautiful old home. I've heard so much about lead poisoning from paint. Should I be concerned?

Just about every home built before the mid-1960s (when lead paint went out of widespread use) has some lead paint; the paint becomes dangerous if children put chips or flakes in their mouths or if adults scrape the walls before repainting, thus releasing powdered lead into the air. About 4 percent of the children in this country have lead poisoning, mostly kids aged one to six who live in run-down buildings in poor areas. Lead poisoning is difficult to diagnose without a blood test. If the house you're moving into is in good shape, there's probably nothing to fear now or later, if you maintain the paint job faithfully. However, if there's a lot of chipping or peeling paint, call the local public-health department, which will advise you on how to proceed. —Dianne Knight, M.D.

My eight-year-old son has the chicken pox, and now the skin is beginning to peel on his hands and feet. Why is this happening? Is it a problem?

The peeling you describe is not characteristic of chicken pox. I would guess that your child also has a strep infection. Peeling hands and feet most commonly accompany scarlet fever, which is really nothing more than a strep throat with a red rash on the body. You need to take your son to the pediatrician, who will prescribe penicillin if the child has strep. Symptoms of chicken pox begin with a mild cold, followed after about two weeks by little blisters, each about the size of a teardrop. The pox usually begin on the scalp, spread to the chest and then to the arms and legs. —D.K.

Got a question about your child's health? Ask the doctors on the Pediatric Healthline at the Arnold Palmer Hospital for Children and Women, in Orlando, Florida. Call 800-727-9434 any Tuesday between six P.M. and nine P.M. EDST.



Dr. Balter is a practicing psychologist and professor of educational psychology at New York University. He is the author of *Who's In Control?* (Simon & Schuster, 1989). His most recent publication is *Stepping Stones Stories* (Barrons,1989), a series of illustrated books for children

UNDERSTANDING KIDS

BY LAWRENCE BALTER, PH.D.

My three-year-old daughter is terrified of dogs. I can't imagine why, since my husband and I love animals. How can we ease her fears?

Children must, of course, exercise caution around unfamiliar animals, so a little wariness is not a bad thing. However, since your daughter sounds really frightened, she may have developed an irrational fear. Children sometimes develop such fears when they have an unsettling experience—perhaps a neighbor's pet unexpectedly barked at her or jumped on her. Some psychologists believe irrational fears can emerge when a child has difficulty recognizing and coming to terms with her own angry feelings. It is speculated that the scary animals represent the child's inner emotions.

It's best if you do not try to force her to be brave in the presence of dogs. Be understanding; do not shame or humiliate her. Instead, help her learn to tolerate dogs by exposing her to them in small, progressive increments. Start by having her draw pictures of dogs. You can also read books about various breeds to her; be sure to point out the kinds of helpful jobs dogs can have, such as guiding the blind or herding sheep. Next, take her to see puppies in a pet shop, where she can view them safely from behind a partition. If she becomes nervous, don't run out of the shop; stay and help her relax. She may wish to hold your hand, and you can teach her to breathe slowly and deeply to calm herself. It's important to induce calm feelings while around the scary animal. If you know a child who has a puppy, have your daughter observe them interacting. After a while, invite her to touch the puppy (be sure the animal is tethered properly); after that, try to find a small dog for her to pet. It may take time, but eventually she'll overcome her fear.

Tom Sobolik/Black Star

WHY MY DAD NEEDS NEW SYSTEM SURF



Cassie Zamecki, Age 14.



Introducing New System Surf,® a new detergent system specially formulated to remove tough stains, dirt and odors.

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(continued) had a lumpectomy. Waking up in the recovery room following surgery, I was told that the tumor was malignant. I was sent home for five days while the pathologists prepared more extensive studies and a modified radical mastectomy was scheduled.

BEN *Christmas was very near, and none of the special things were happening at our house. My mom usually bakes gingerbread boys, special bread and cookies; packages and wrappings start filling the house. It just wasn't happening that year.*

When Christmas morning finally arrived, it was great, and I even forgot that Mom had cancer. We got up early like we always do and went downstairs to the stacks of presents piled by a beautiful tree. I got a Lego castle that I really wanted. I felt so happy that I jumped on Mom to give her a huge bear hug. Everybody shouted "No!" and made me stop. I can still feel my ears turning red and my body going all hot inside. Mom looked so sad. Things were not back to normal after all.

PAT After my mastectomy, the pathology report came back with the news that I had lymph-node involvement, which meant that some cancerous cells had spread from the breast and could be lurking almost anywhere in my body. I had to consider chemotherapy, and I was terrified.

The six months of chemotherapy began. My treatments involved an IV push of two strong anticancer drugs, Methotrexate and 5-Fluorouracil, followed by oral doses of Cytoxan. This regimen would be followed by a two-week "off" period to give the body a chance to rebuild. I reacted in the classic way: I threw up and felt terrible.

BEN *During the holidays, Mom told me about chemotherapy. She tried to explain that some cells are fighter cells, kind of like Luke Skywalker, and they fight the bad cancer cells that are like Darth Vader in "Star Wars."*

Mom would throw up a lot, and at home, no one was in charge. Dad had to go to work and do all the jobs that Mom had been doing. I felt so helpless; I should have been able to be a hero, but I didn't know how.

PAT As time went by, PTA meetings fell by the wayside, bake-sale requests were ignored, car pools were dropped. Dinner was usually managed late by Bill after a full day of work. The children's schoolwork was either done by them or not done. As I had always been the principal nagger, the family became confused. There was no one who had the energy to bitch at them. The house got very dirty.

BEN *Sometimes school was horrible. I had to pretend that my life at home was normal. My teacher still sent notes home when I acted up, and I was glad about that. It made me feel that I was a regular member of the class.*

Still, everyone knew about Mom. Some of the boys would tease me about how my mother was going to die. My good friends would maybe say "I'msorryaboutyourmom" real fast, and I'd say "Okay," because none of us wanted to talk about it. It was embarrassing.

Mom tried to make our house seem normal and told me to invite my friends over. One time I had my friend Robin over to work on this big project. We were making a miniature house, and we needed to use flour, sugar, glitter, glue and all kinds of things. We destroyed Mom's kitchen, and she didn't even get mad.

After Robin went home, Mom asked me to put my slippers on because it was chilly, and I said no. She couldn't believe it when I just kept saying no. She started to scream at me, and I started to go upstairs. A little way up, I whispered, "Shut up." Well, Mom heard and totally lost her temper. She picked me up and shook me and said she'd be dipped in chocolate before anybody told her to shut up. She told me that I would do exactly what she told me to do OR ELSE! I went and got my slippers on fast. I felt better than I had in a long time. I think now that I back-talked on purpose to see if Mom was really in there. She sure was, and that made me feel warm and safer. Later we hugged and made up. It was a wonderful day.

PAT I remember so clearly my fury at Ben when he defied me and muttered, "Shut up." In that incoherent moment I realized how little discipline he'd been getting from me. I think he was worried he'd gotten away with too much and needed to make sure that he still had a mother.

Both of us were shocked and relieved to find bits of the old self remained and that limits, however shaky they had become, still existed.

BEN *When Mom wasn't too sick, she would make jokes that helped a lot. I felt that things weren't as hopeless when she could laugh and when she would let me tease her about it. She let me see her scar, and it wasn't nearly as bad as I had imagined. She was still Mom. I remember when she got her prosthesis, which is a false bosom. She'd let me toss it around. It felt like a water balloon, and I even tried it on to make her laugh.*

PAT Losing my hair was one of the most humiliating parts of this entire bout with cancer. I ended up with an expensive wig that had far too much hair. My family, while trying to be supportive, felt that this wig was out of character. It was. I've always had relatively short, unstyled hair. Now I looked as though I'd just had a professional set from Dolly Parton's stylist. Worse yet, the thing made my scalp itch, and I would absentmindedly scratch, leaving the blasted wig at various strange angles on my head.

Finally I discovered scarves and the fun of playing gypsy. Ben and I would sort them out to decide what costume to dream up for a special occasion.

BEN *The word cancer has an ugly, scary sound. For a long time no one in our family even wanted to say it. Mom helped us there. She would come right out and say "cancer." She would use the word so often that it got boring. She'd say, "Ben, build a fire and warm this room; your mother has cancer" or "What do you mean you didn't do your homework? Your mother has cancer." After a while, especially when she was silly about it, the word didn't seem as horrible.*

For a while, though, I thought that cancer was contagious. So I began staying away from Mom as much as I could; at least I didn't hug and kiss her like I always had before. I finally found out the truth: Cancer is not contagious. I realized that keeping fear to yourself is a bad idea.

Also, during that time, things went wrong for me at school. My grades were still good, but I was really off the wall. Bad notes kept coming. I decided I was probably a rotten kid.

PAT I started devouring books about cancer and treatments. A friend introduced me to a book by O. Carl Simonton, Stephanie Matthews-Simonton and James Creighton called *Getting Well Again*. It offered some positive things I could actually *do* to help myself feel better. By using relaxation, affirmation and visualization techniques, we can become active participants in our effort to recover.

Getting Well Again and the tapes adapted from it were a great help to me. I began listening to the tapes, and I found that they calmed me and restored some *(continued)*

NEW

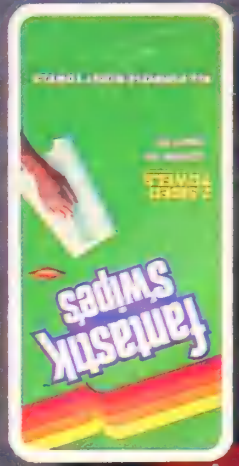


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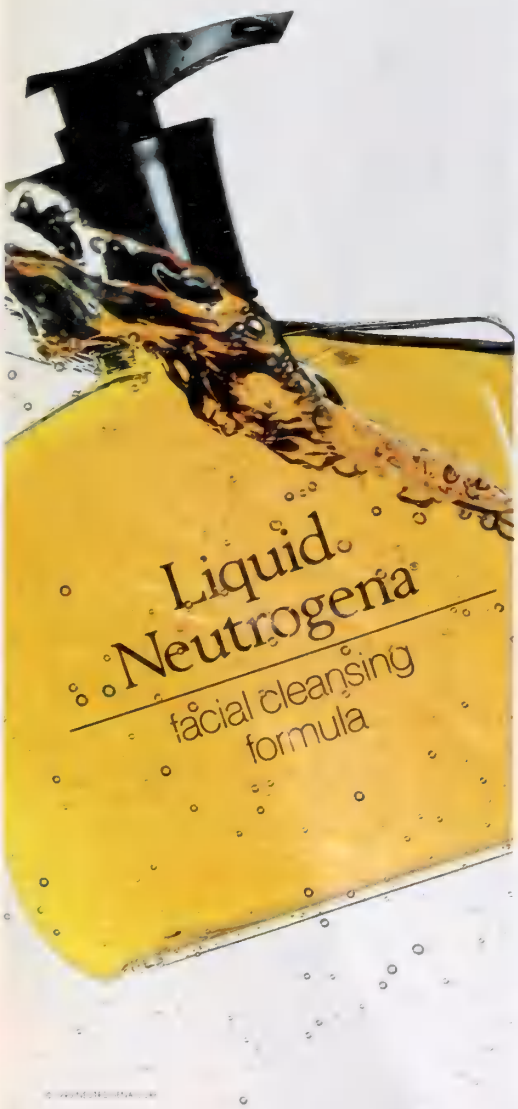
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confidence in my ability to hang on and get well. After I was relaxed, I started imagining that the weak cancer cells were being attacked by my ever-strengthening immune system.

BEN *My mom never does anything a little bit; so when she started listening to the tapes, they were on a lot of the time.*

One day Mom called me into her room especially to talk. I knew she'd been really worried about my bad notes and the way I'd been acting. Anyway, Mom told me that meditation isn't just tapes and isn't just for sick people. She said it is mostly a way to relax and feel better about yourself. To tell the truth, I didn't think much of the idea, but we all tried hard to go along with Mom then, so I let her talk. Why not give it a shot, she said.

The first time Mom and I tried meditation it was pretty funny. We sat cross-legged and held hands. We didn't use a tape. Instead, Mom talked in this soft, sleepy voice about feeling your toes relax and tingle, then your ankles. Finally she asked me to send some positive energy from myself to her. She said I could send it through my hands and she would send some back to me. I actually felt something in me flowing into Mom and tingles of energy from her going into my hands. It was weird but good, and I began to think there might be something to this stuff.

The best thing Mom came up with was picturing what we wanted to happen. She would talk softly about school, and I would try to see what she was talking about in my head. She'd say, "See Ben sitting quietly at his desk. He does not need to distract anyone. He is feeling peaceful and good about himself. He's listening to what his teacher is saying." The funny thing is, it did seem to work.

One time when we were both sick of meditating about school, Mom asked me if there was anything else I'd like to change or work on. I said that I hadn't had a hit in baseball all season and I'd like to change that. We did our relaxation, and then she talked to me about feeling the bat in my hand and feeling power in my body and arms. At exactly the right moment I would swing the bat and feel the ball connect with the wood and go sailing.

That night at baseball, I got my first hit of the season. This stuff can really work.

PAT Chemotherapy finally ended in June. As Ben said, I am not one to do things in moderation, so I immediately set up an appointment to plan reconstructive surgery during summer vacation, before I went back to teaching full-time. The surgery I chose is relatively new and involves using part of the abdominal muscle and repositioning it to form a breast without an artificial implant of any kind.

As a reaction to the end of chemotherapy, I became a human dynamo. I saw th as a turning point from sick to well. Al the family began to hope that some their extra duties would let up. Eve body wanted me to do my part again.

The pressure mounted further wh my school offered me a promotion: I w asked to help head a new middle-sch branch to open in September, just fi weeks after my surgery. Even thou this meant I'd now be doing two jobs never considered turning it down.

I can't minimize the miserable fi twenty-four hours following surgery woke up in pain, with drains and tub all over my body.

But bit by bit I regained strength, a after five days I went home to contin my metamorphosis. Ten pounds h dropped off and my stomach was flat. M hair grew. I've never, before or since, f such incredible vitality. Hyperactiv would probably be a better word, bu didn't realize it at the time. At hom began to take over my former roles tackled my new job of starting up t middle school. I felt that sleep, rest a reflection were no longer necessary my survival. I was on an energy high.

Then, out of the blue, my car was re ended, causing extensive damage. A de friend of mine had a recurrence of h breast cancer. My boss, the head of t school, who I knew would be there if I overwhelmed, became ill, leaving feeling solely responsible for the succ of this new division. My house of ca began to collapse.

BEN *When some jerk hit Mom's car, s wasn't hurt, but she began to fall apar don't think she was as strong as we h thought. Dad started cooking din again, and a lot of chores didn't get do but Mom didn't get mad. She just seem sad and quiet. She didn't want to anything. She would just tell me, "It's much; I can't." Everything was too mu Here she was, finally well and not e happy about it.*

PAT Everyday problems took on nightmare quality. I kept going to sch wondering how long it would take for co-workers and students to discover inability to cope. The students learned recheck the papers I marked as I ma more than a few errors in correcti them. The kids were kind about it; I thi perhaps it was a change to have a teach who made errors and admitted it.

At home, the family was puzzled an bit frightened. I'd gone through a yea bad news, surgery, chemotherapy a more surgery, but nothing like this h happened. Most frightening was the f that I closed up and had (continu

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MOMS DON'T GET SICK
continued

nothing to say. My strongest memory of that time was my wish to die quietly.

Finally, I realized that I couldn't keep on like this, and I sought the help of a professional therapist. When I walked in, the dam burst. I sobbed and talked, realizing perhaps for the first time how much had happened to me in such a short time.

In the weeks that followed, I had several more visits with my counselor, who had been trained to deal with cancer patients. I began to understand how my grieving and anger had not really had time to be expressed and that now my mind needed time to understand and accept all that had happened. I'd been so busy holding my physical self together and trying to be Superwoman that I had completely run out of energy. What I needed most was time, and I didn't see any way to find that, especially as the holidays were upon us again.

My illness had begun around Thanksgiving, and the mere thought of the holidays brought back all the painful memories of surgery and the possibility that I might die.

Somehow Thanksgiving came and I didn't find another lump. I began to take things very slowly, a small step at a time. To this day I don't remember much about Christmas. I do remember recycling the Christmas tree we used at school; it was about three feet tall. The family gave me much good-natured grief about the size of the tree, but it was easy to put up, trim and take down.

BEN *I was worried by the way Mom was acting that we wouldn't get any presents. Finally, when Christmas morning came, it looked like Christmas morning always had, with presents all over the place.*

One funny thing was that the packages from Santa had all the names mixed up, the stockings were a little confused and one kid would get three of something while other people got none. We just divided it up. We realized that Santa didn't really have his act together, but at least he had shown up.

On Christmas night we built a fire. I brought down my sleeping bag and we all sat and talked for a while. Then everybody went to bed, and I slept under the tree like I do every Christmas night. Christmas was back to normal.

PAT Sometime in January, I began to heal. No clouds parted, no orchestra played; I just quietly began marking papers correctly, and I began to taste food again and enjoy the experience. Still somewhat shell-shocked, I didn't cheer. I was walking on eggs.

As school reopened, I remember wal
ing down the hall thinking, This is
good place—shopworn, but good.

At home, I still went to sleep arou
nine o'clock at night. Dinner was usua
a joint effort. We kept a large supply
frozen pizza on hand. Laundry and cle
ing were done, but not very well. Perf
tion was put on hold.

As my therapist said, one must
priorities. I learned that dust will w
until somebody moves it. I learned to ta
some time out. I was slowly beginni
to find that life does go on even i
let go occasionally.

Getting up my courage, I revisited
plastic surgeon and set up a hospital d
for the summer to complete my rec
struction by getting a new nipple
stalled. When finally unveiled, the nip
looked a bit large, but my doctor pro
ised me that it would eventually shri
and match its counterpart. In Octobe
would go in to get it tattooed for col
The reconstruction would be comple
That was a good feeling.

Reconstruction is certainly not for
erybody. Some people want to avoid el
tive surgery altogether, and I can c
tainly understand that point of view
just needed to put things back a
thought they should be.

It's been almost five years since I w
diagnosed with cancer, and I am s
reading and writing about it and heali
Occasionally I cry and have nightma
I wonder about each anniversary a
once again enjoy the holidays. I am g
to be around and well, so I can dare
wonder about those things.

BEN *Mom has been great. I feel like I*
depend on her again like in the old day
know the cancer could come back; tha
one of the reasons cancer is such a horri
disease: Nobody knows for sure what
happen. I just learned sooner than m
kids that my parents don't have all
power. They can't always be sure wha
going to happen to them. They wan
keep their children safe, but they c
even do that all the time.

I have grown up a lot, maybe a li
faster because Mom did get sick. I
have some problems, and I sometimes
afraid without really knowing why.

I am pretty proud of myself for stick
with Mom and helping out. I am stron
and taller now, and I clean things, so
times without even being asked. I was
baby of the family for a long time, an
was fun. Now, though, I am ready to
more grown-up. It doesn't mean I c
hug people or play and be silly; it
means that I understand more about
other people feel and how some kids h
times even rougher than I did. I still h
my mother and father, they still love e
other and me, and we are all together.

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the sexes

MEN TROUBLE

We thought they would have stopped acting like rats by now, but they still leave the kitchen in a shambles, forget that the kids need diapers, think we should be secretaries instead of sales managers . . . and that's just for starters. What's a woman to do?



Aw, those poor guys. They really took a beating in the latest Roper Poll on women's issues. The survey of three thousand women across the country was sponsored by Virginia Slims, the folks who gave us the familiar slogan "You've come a long way, baby." And so we have—but in the wrong direction. When the pollsters compared today's attitudes about men with those of twenty years ago, they found that the two sexes stood farther apart than ever. Somehow, despite decades of supposed progress, our opinion of males has hit an all-time low. Consider just a few of the findings:

- 42 percent of the women polled believe men are basically selfish and self-centered, up from 32 percent in 1970.
- 50 percent of the women polled agree that "men are more interested in their own, rather than a woman's, sexual satisfaction," versus 40 percent in 1970.
- 53 percent think most men are oblivious to what's going on at home, up from 39 percent in 1970.
- 55 percent think men find it necessary to keep women down, up from 49 percent in 1970.
- Almost 60 percent of the women think they are discriminated against in getting top jobs, versus just half twenty years ago.

What's going on here? At home, at work and in bed, what we're hearing is the clash of rising expectations and harsh reality. "In the past twenty years, there has been a revolution in gender roles—but only one gender is aware of it," says Michael Kimmel, Ph.D., professor of sociology at the State University of New York at Stony Brook. We've let our resentments simmer for years, and now we're finally speaking up and telling each other some home truths. Sometimes we voice our frustrations as jokes *(continued)*

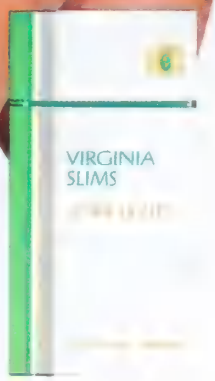
By Nina Keilin

Back in 1967, the sleep women lost to look good would curl your hair.



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(continued) (How many men does it take to change a roll of toilet paper? A man change toilet paper? Are you kidding?), but other times we wax more serious, wondering why we're pulling all the weight around the house, getting nowhere on the job and putting up with antiquated sexual attitudes.

Were we naive to expect equality this fast? Maybe so, as we come to see how deeply rooted both men's and women's roles are. Yes, we admit, our own attitudes toward men these days tend to be fairly inconsistent. "Women want men to be strong, capable, paternal, and at the same time compassionate, vulnerable, yielding," says Mara Gleckel-Nathan, Ph.D., director of the Women's Counseling Service of New York. Meanwhile, men are crying foul because we've changed the rules in the middle of the game, and they're perplexed by our mixed signals. "They're afraid," says Dave Buchanan, forty-six, a hazelnut and wine-grape farmer in Corvallis, Oregon, who's been married for twenty-four years. "They want to be like their dad told them they ought to be."

Still, for all our conflicts, we're far from ready to renounce matrimony; 90 percent of the Roper women were married or wanted to be someday. As Mary Lee Hall, sixty-three, a divorced sales associate from Newport Beach, California, says, joking, "I guess you might say men are a necessary evil." And that's the heart of the problem. We *do* love our husbands and want to give them what they need. We just wish they were more attuned to *our* needs.

So let's cut down on the confusion. If men want to know what women want, well, here's a clear-eyed guide.

Chore wars

Call it the plate debate. Does he dump his in the sink or make it all the way to the dishwasher? To avoid housework, males have perfected a host of clever tricks: postponement, feigning blindness ("I just didn't see those cat hairs on the sofa"), playing dumb ("How *do* you work this vacuum cleaner?") and professing higher-mindedness ("I don't care about the dust balls under the bed, dear. *You* do"). "You can't just ask men to do housework and then expect them to do it," says Kiki Hall, twenty-six, a pop singer from Los Angeles who is engaged to a record-company executive. "You have to be over them with a whip and chain. Also, when they do get around to doing it, they expect praise."

For a long time we've given in and done everything ourselves because it seemed easier than arguing, and a tiny part of us still feels guilty if we don't. But anger starts to build when *you've* got a tiring job, too. And when you add kids to the equation, the work multiplies: As sociologist Arlie Hochschild pointed out last year, the extra duties women take on around the house add up to a "second shift," fully an extra month a year.

Even a model modern husband can regress once the kids are born, as Arlene Weiner, a thirty-four-year-old geological engineer in Baltimore, found out. She thought her neurologist husband, Larry Charnas, thirty-six, was a perfect new man. He cooked, he shopped, he even cleaned. But after the birth of Mollie, now three years old, and Julian, now eight months, by his own admission he sank into taking the easy way out.

Arlene finds herself getting the kids up in the morning ("Well, it's Larry's schedule—he has a one-hour commute"), looking for a new baby-sitter, shopping on her lunch hour ("That's the only way I get to spend time with the kids after work"). And all too often, Arlene finds herself caring for Larry as well as the kids. Now, she says wryly, "I call him my third child."

It's true that some men pitch in on parenting, but they're having all the fun. The new daddy takes the kids to the zoo while you're left with the diaper detail.

Some women solve the problem by staying home for a while, but that's not an option for millions of us. Is it possible to call a truce in the chore wars and make the new dad a do-it dad? Some strategies:

■ *Keep asking.* Men may call it nagging, but it's better than letting hostility build up. Homes where men help are happier, according to Hochschild, perhaps because there's less fighting. To get him to do his share, bargain. Which tasks do you and he hate the most? Chances are they're not the same ones, so you can switch.

■ *Lower your standards.* We've already begun to do this a bit, and isn't it a relief? Who really wants to eat off the kitchen floor anyway? Flexibility works on the child-care front as well. "We all magically think we are the only ones who can keep the child safe," says Ellen Galinsky, co-president of the Families and Work Institute, a research center in New York City. "It's scary to give that up." But men need to be left alone to feel their way, says Galinsky. Only then can they forge the same kind of bond with their child that mothers have.

"You can't just ask men to do housework and then expect them to do it. You have to be over them with a whip and chain. And they want praise for it."

The tradeoff is worth it. "I went to a program at the library one evening by myself," says Paula Levine, forty-two, of Columbia, Missouri, a writer of children's fiction. When she came home, she found that the kids, left in the charge of their dad, Bernie, a psychiatrist, had "had a great time listening to the Disco Duck record they know Mommy hates." Yes, she admits, "Bernie had put them to bed and forgotten to give them baths. But so what? He usually gives them their baths."

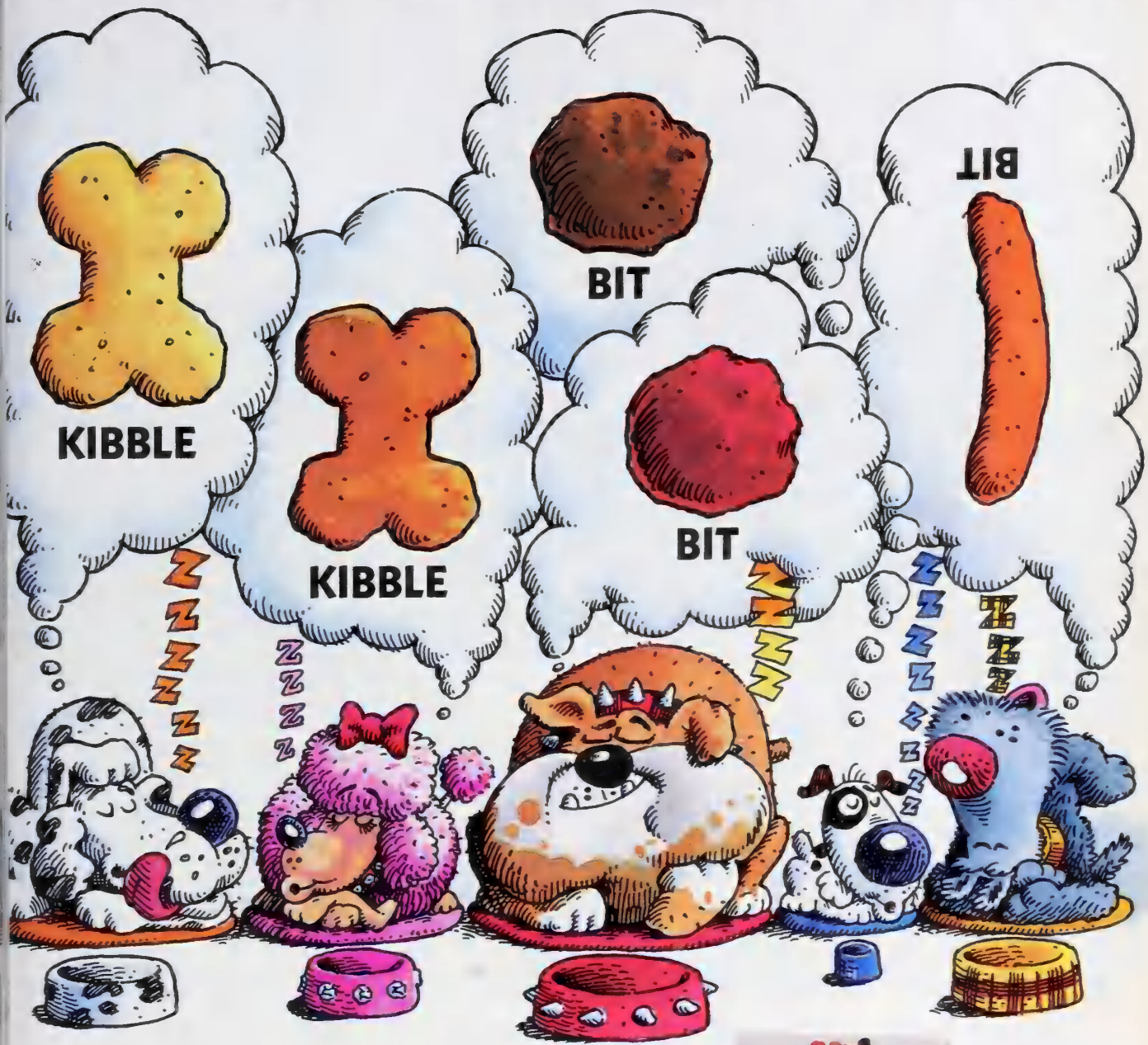
■ *Work on changing the workplace* so that moms, dads and kids get more consideration. And lobby for child-care benefits—in Congress or at your company. Many observers think comprehensive child-care measures are inevitable, given the growing labor shortages and the ever-increasing presence of women in the work force. But men, too, must agitate for new policies. "We can make these changes happen," says Barrie Thorne, Ph.D., a sociologist at the University of Southern California, noting that American companies built day-care centers overnight during World War II to accommodate the legions of Rosie-the-Riveters.

■ *Show appreciation.* We know at first it's galling, but it can work wonders. Says Linda Feltes, thirty-three, of St. Paul, "I thought he hated to cook. But last night he surprised me with fish and fresh veggies." "Linda was astounded," says her husband, Bob Bowen. "She was so enthusiastic that I'm going to do this again. Soon."

Business as usual

Our frustrations in the workplace are perhaps hardest to swallow, because we now have laws that allegedly protect us. But sadly, equal-opportunity (continued)

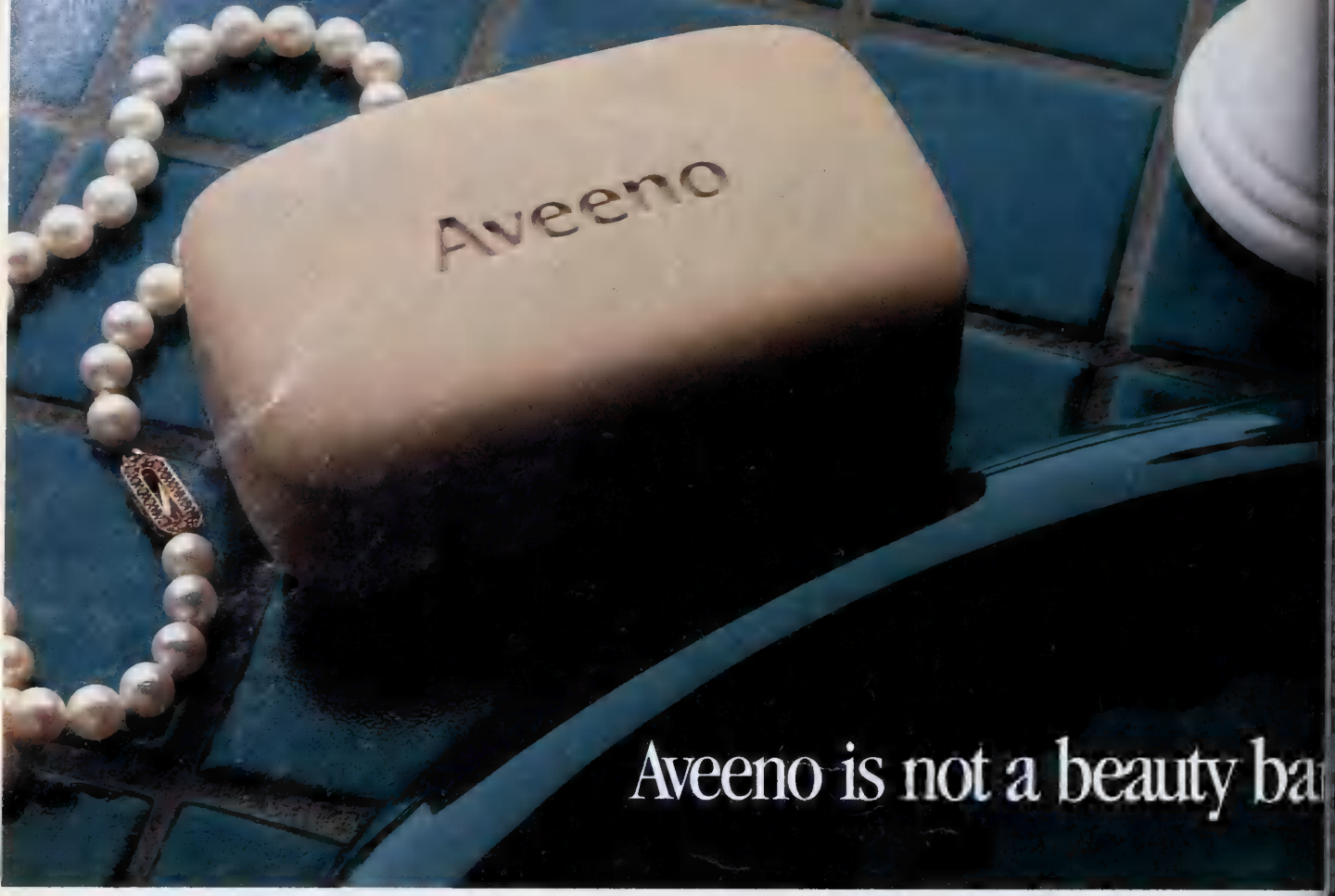
WHAT ARE THE 5 THINGS DOGS DREAM OF MOST?





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■ MEN TROUBLE
continued

legislation can't erase generations of discrimination overnight. True, we've made some progress: We're not jumping up and down about the first woman whatever anymore; most of those slots have been filled. And women are gaining in the professions—40 percent of the students now in law school and 33 percent of those in medical school are women. But most women tend to be clustered in "pink-collar" clerical or service jobs without much chance for authority or advancement. And the salary gap has only begun to close. We still earn just seventy-one cents for every dollar a man earns, up from sixty cents a decade ago.

Supervisors invoke outmoded rationalizations to deny raises. Phyllis Bowersox, fifty-three, of Hudson, Iowa, a welfare caseworker, was working in an electronics-parts company when she noticed that the men she trained soon earned more than she did. When she asked her boss for a raise, Phyllis says, the man told her, "You don't need a raise; your husband works at John Deere." She recalls, "I told him I would be seeking other employment."

For some women, the insults occur daily. "There's a lot of obnoxious men out there," says Sharon Danann, formerly the research director of 9to5, the National Association of Working Women, in Cleveland. "There are unreasonable demands, like 'repair my pants while I'm still in them.' Women have called in and said their bosses were giving them bikinis to wear on the company outing."

Women in higher positions face subtler obstacles. There are more female middle managers now, but they have been hitting the so-called glass ceiling, stymied by stereotyping in their attempts to reach the top.

At the same time, men retain their clubby insularity. "When you get to the top, everybody wants to play with their best friends, and their best friends are all the other guys," says Wendy Reid Crisp, national director of the National Association for Female Executives (NAFE).

How can we make room for some of *our* best friends? For one thing, we will have to perfect some of the skills men have always used.

■ *Speak up.* Lobby for raises, promotions and better conditions; take a few risks and toot your own horn a bit. It's not enough to be a busy worker bee and hope that your industriousness will be noticed and rewarded.

■ *Support each other.* Do it first on a one-to-one level—in the office or th factory, talk to your co-workers abou problems and share solutions. Look fo a mentor; pull along a younger co league. Take advantage of the networl ing organizations that now exist. 9to runs a hotline (800-245-9865) and ca even steer you to legal advice if yo need it, while NAFE is a female cou terpart to the old-boy network. Say Leslie Smith, associate director NAFE, "You can come to a meeting an air your frustrations, and it gives you little armor to go back the next day."

■ *If all else fails, vote with your fee* Change jobs or start a business.

Looking for sexual healing

Honest, we do like sex. We even enjo wearing a black-lace teddy if that's h fantasy; we just wish he'd give us hug as well as a leer once in a whil Why do we get the feeling that ou men would like to see us as players an X-rated film instead of human b ings with a few other things to thin about? And we detest that; 80 perce of the Roper women say they hate b ing looked upon as sex symbols witl out a shred of sense, up from 66 pe cent in 1970.

Unfortunately, men take their cu from what they see around them. Wh not slobber over a centerfold? She's

ıch easier to get along with than a nplex real-life wife. We don't like s voyeurism—61 percent of Roper men are offended by nude pictures, from 43 percent in 1970.

n fact, in the media, so-called sexu- freedom has paradoxically made ɔjugation more acceptable. Now we free to be repulsed by the raunchy ıtines of comedian Andrew Dice ıy, or exasperated by the tired male ıtasy of the hooker with the heart of d in the smash hit *Pretty Woman.* eviewers always complained about puritanism of American films, but en the floodgates were finally open, wasn't the exhilarating phenomenon expected it to be," says film critic lly Haskell, author of *Love and ıer Infectious Diseases* (Morrow, 90). "Stars of the past—Lombard, pburn—were implicitly powerful. ey had the power to say no."

We're also tired of the way testoster- seems to convince so many men ıt we love being ogled on the street, our desks, anywhere, anytime. And ıe the bimbo factor—please. After this time, a man with gray hair and ew wrinkles is considered distin- shed, while a woman is overdue for hair colorist and the plastic sur- n. Even if she does look great for age, she's still likely to get dumped for a younger model—you all read the headlines about Ivana, Marla and The Donald. The average Don has the roving eye, too. "We were visiting some friends, and a young, big-busted girl was walking by," says Geri Frederickson, forty-eight, a salesclerk from College Place, Washington. "My husband said, 'Hmm, I didn't know she lived here. I'll have to go check it out.' "

Unquestionably, such sexual conflicts are the most difficult to resolve. What can we do?

■ *Keep on talking, and listening.* If you hate someone's sexist comment, don't just grind your teeth—complain. Sometimes a tactful remark is enough to make a colleague aware of his insensitivity. But if the remarks are persistent, you might want to talk to your personnel department or file a sexual-harassment suit.

■ *Raise your children differently.* Boys who grow up in a house where girls are treated as equals in responsibility and respect by both their mother and father are less likely to see women solely as sex objects later on.

■ *Teach him that sex and love can complement each other.* Even though many men find it difficult to share feelings, make sure there is time in your schedule for talking, hugging and just being supportive of each other. He'll catch on that such moments are not an inferior substitute for sex but a way of creating a more satisfying intimacy.

The next twenty years

What does the future hold? Overall, there is cause for hope—because women are getting more assertive. "Girls and women are no longer accepting subordination in a resigned way," says Barrie Thorne. "There's hope when you no longer have to take for granted what used to be taken for granted."

Even founding foremother Betty Friedan, who began the modern women's movement when she published *The Feminine Mystique* in 1963, finds a few good portents. "If men aren't sharing equally, or as much as women would like, that's not surprising," she says. "But they're sharing twice as much as they did twenty years ago." In fact, she says, laughing, "half the women surveyed did find men kind, gentle and thoughtful—and that's good." We agree. ■

Reporting by Shana Aborn, Irene Nyborg-Andersen and Pamela Guthrie O'Brien in New York City; Barbara Burgower in Houston; Deborah Beroset Diamond in Columbia, Missouri; Kim Alyse Steffgen in Portland, Oregon; and Nancy Stesin in Minneapolis.



best-seller

BARBARA TAYLOR BRADFORD'S *Theodora*



From Nazi Germany to war-torn London, Theodora's dangerous journey led her into the arms of a dark and dashing stranger. Dive into this sweeping tale of romance and suspense from the new blockbuster "The Women in His Life"

BERLIN—1938

"I'm glad you told Henrietta we had to leave," Theodora Stein said as her boyfriend, Willy Herzog, put on his overcoat. "I have to get up early."

Willy nodded. "It was a grand party, but it's going on a bit too long."

"I suppose Henrietta wanted to make the most of this birthday," said Theodora. "And I don't blame her. I know I will when *I'm* twenty-one. I plan to have a fancy party, too."

Willy flashed her a wide grin. "Will I be invited, Teddy?"

"*If* you're still around, Willy Herzog. If you haven't sailed off to America to become a dentist."

"*Doctor,*" he corrected. "It's the getting of the American visas—they're extremely hard to come by." Willy cleared his throat. "I'd like to go to America, but . . ." He hesitated, then fixed his gentle hazel eyes on Theodora. "I don't want to leave *you,*" he announced, surprising himself and startling her. There, it's out at last, he thought.

Stupefied, she stared at him.

Willy pulled her into his arms. "I love you, Teddy," he said, kissing her silky fair hair.

"Oh . . . Willy . . . is this a proposal, then?"

There was a small silence. He said at last, "Yes . . . it's a proposal."

"I don't know what to say! We're only nineteen. And—"

"Don't you love me?"

Now it was Theodora's turn to be silent. She wondered if she did love him. She *(continued)*

From the forthcoming book THE WOMEN IN HIS LIFE, by Barbara Taylor Bradford. Copyright ©1990 by Gemmy Bradford Venture. To be published by Random House, Inc.

Elizabeth Zeschin



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THEODORA
continued

wasn't sure. He was very nice-looking and quiet and studious. So easy to be around. Yes, Willy was a good man. But *marriage*? She hadn't thought about *that* before. But when he kissed her she always got a funny feeling inside. She didn't want to lose him. She said slowly, "I *think* I love you, Willy. Yes, I *do* love you. I will."

He kissed her, and they clung to each other tightly. Finally Teddy said, "I'll hardly get any sleep before I have to be up for Maxim. Let's go."

"Yes, come on." As they let themselves out of the Mandelbaums' apartment, Theodora stiffened suddenly and grabbed hold of Willy's arm. "Listen! Isn't that the sound of breaking glass?"

"You're right, it is. I hope it's not a burglar trying to get into Mr. Mandelbaum's jewelry shop. I'd better go and see. Wait here."

He hurried into the narrow street, where he immediately collided with a storm trooper. The man grabbed Willy by the shoulder. "Hey, you! Watch where you're going, you clumsy dolt!"

Willy struggled to break free of the man's grip. "Please, let go of me."

The storm trooper only tightened his hold and peered at Willy. "Why should I? You might be a Jew for all I know. Is this a Jewish house? Are you a Jew?"

Theodora, who had been listening with growing alarm, could no longer contain herself. She rushed outside.

"Let him go at once!" she yelled. "We haven't done anything."

"You have if you're Jews. Are you stinking Jews?" He twisted Willy's shoulder, but Willy didn't cry out, despite the sharp pain.

"We are not Jews! What kind of a thing is that to say!" Theodora exclaimed. With immense hauteur she drew herself up to her full height of five foot five and glared at him. "My name is Theodora Marie-Theresa Schmidt, and this is Wilhelm Braun, and we're both good Catholics and good Germans." She gulped, took a deep breath. "And good Nazis. *Heil Hitler*!" She thrust her arm straight out in front of her in the Nazi salute.

The storm trooper gaped at her in astonishment. And so did Willy. He'll believe her, Willy thought, because he's certain no Jew would dare to shout at a Nazi storm trooper like this.

Theodora continued to rail at the man. "Look at him!" she ordered the storm trooper, gesturing at Willy. "Red hair and freckles—is that a Jewish face? No. And me, I'm the Nordic type personified."

"Looks can be deceptive," the ma snapped, but he seemed uncertain.

Theodora drew close and said wit icy imperiousness, "What you say i true. Looks *can* deceive. And perhap *you* are not all you appear to be. M father is a friend of Himmler's. He' not going to be happy about thi What's your name, corporal?"

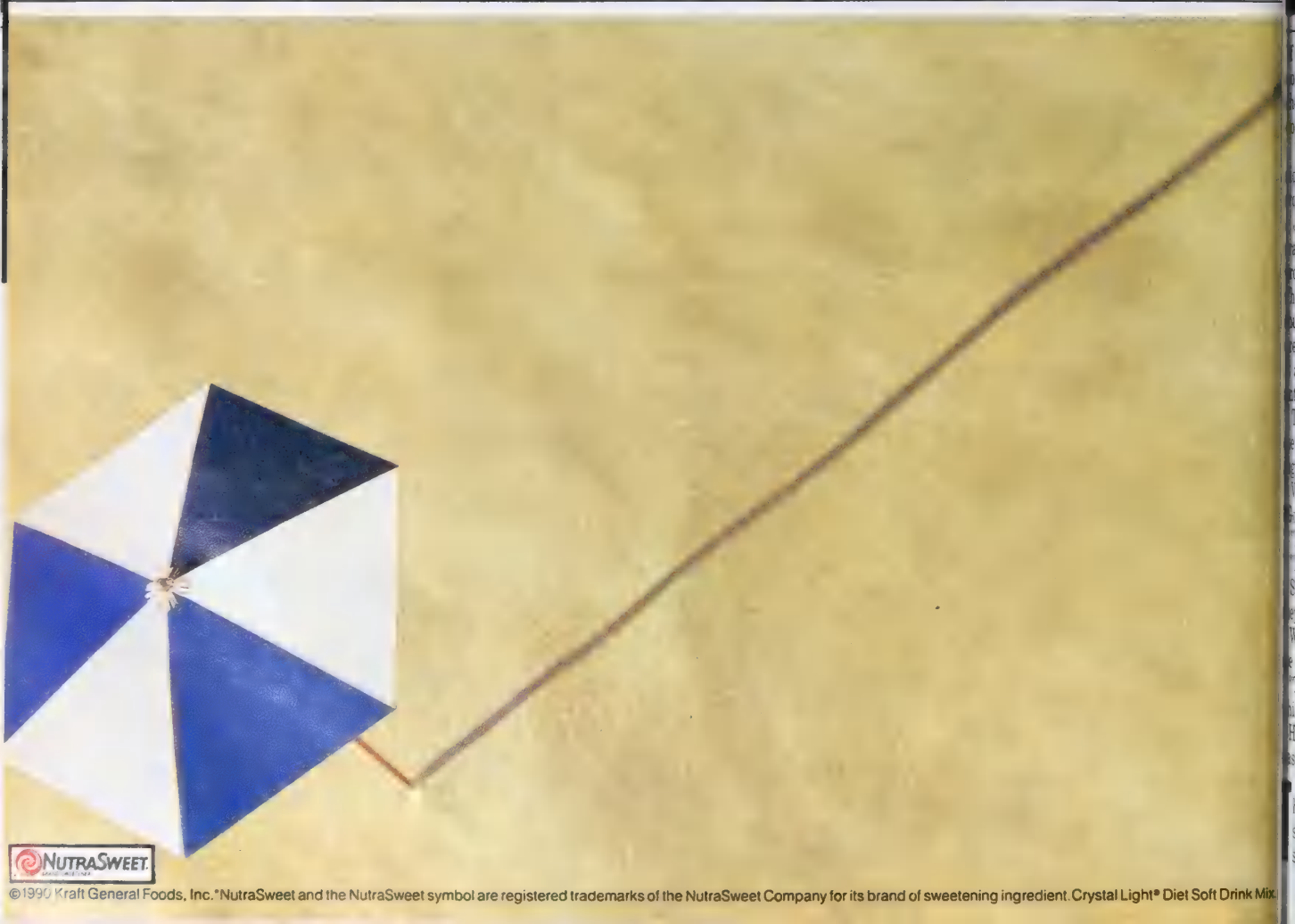
It was apparent the storm troope had believed everything Theodora ha said. Abruptly he let go of Willy.

Theodora took hold of Willy's arr and pulled him close to her side "Come on, let's go," she said.

"Yes, you'd better get off," the storn trooper exclaimed sharply, steppin back. "Go on, go home! Soon it won't b safe on the streets. We're after Jew tonight." As he said this, he laughe raucously and slapped his thigh, as it was a huge joke, and walked o down the narrow street.

As Teddy and Willy ran off, the saw that havoc was breaking loos everywhere. They reached Willy motorbike and clambered on. "Hol tight!" Willy ordered. Teddy wrappe her arms around his waist as th bike leapt forward at breakneck speed

Vans and trucks were now pullin up all over. Storm troopers, rowdie and thugs were spilling out, rushing i every direction, smashing the window



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Jewish-owned stores, throwing ods out into the street, destroying fronts of cafés and hacking at the rs of apartment buildings.

Willy made for the Westheim man-n, where Theodora lived and rked as the nanny to young Maxim. ust ahead was the lovely old Cen-l Synagogue, and as they ap-ached it they were horror-struck. e building was being demolished by gs and storm troopers, who were aking all the windows and setting alight with torches. Willy sped on il finally they reached the mansion. heodora was weeping. "God forgive for denying my religion, for deny-all that I am!"

Willy said with great gentleness, d does forgive you. I know he does."

It was wrong, Willy."

It saved us. That's what counts."

he asked him tearfully, "Why are y doing this?"

Willy held her close so she wouldn't the tears misting his own eyes.

They want to murder us all," Teddy spered against his shoulder.

He did not respond. He knew she right. And he was afraid.

heodora felt considerably safer once she was inside the Westheim man-sion. Everyone was sleeping sound-ly, unaware of the riots outside. The mobs had stayed away from this exclusive residential district occupied mostly by wealthy gentile families.

She went upstairs and stopped at Maxim's room. The child was sleeping peacefully. She stepped over to his parents' bedroom and rapped on the door.

The door was opened by Sigmund Westheim, dressed in his pajamas and a dark silk robe. He stared at her, frowning. "Theodora! What is it? What's *wrong*? You're white as chalk." He ushered her into the bedroom.

Ursula Westheim was slipping on her peignoir, worry clouding her smoky-blue eyes. Theodora stood in the center of the extraordinarily beautiful bedroom filled with great works of art and wondered how to tell this refined and aristocratic couple about the hideous violence outside.

She stared at Ursula. Ursula returned the girl's gaze. Theodora was her charge, whom she had taken into her home three years ago, after the death of Frau Rosa Stein, Teddy's mother and widow of the Westheim family doctor, Johann Stein. Ursula had made a deathbed promise to Rosa to look after Teddy. Ursula took this promise seriously, and although Teddy was Maxim's nanny, she was like a member of the family.

Now Ursula said gently, "Teddy, tell us what has happened to you."

Theodora nodded, and words began to tumble out of her. The Westheims were aghast at what they heard.

"*Storm troopers*," Ursula said, looking at Sigmund. "So the government is no longer simply turning a blind eye to these anti-Semitic demonstrations. Now it is actively involved in them. It's the beginning."

"The beginning, Frau Westheim? Of what?" Theodora asked.

There was a silence before Ursula replied. "The beginning of the end of the Jews in Germany."

That night the Westheims decided: They had to get out of Germany before it was too late.

Sigmund was able to secure only three exit visas, and so it was decided that Ursula, Theodora and Maxim would use them to take the train to Paris immediately. Sigmund hoped to join them two weeks later. When he wasn't able to meet them in France, Ursula felt she had to return to Berlin to help him. She arranged for Theodora and Maxim to go on to London to stay with Theodora's Aunt Ketti. As they parted, Ursula's last words to Teddy were: "I have great faith in you, my dear. If anything should go wrong—if we

(continued)

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NOT BRAVE
ENOUGH TO
WEAR THIS...

WEAR
THIS.



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I THEODORA
continued

on't make it to England—you will look ter Maxim for me, won't you? For as ng as it's necessary."

"You know I will!" Teddy promised. She feared she'd never see Ursula ain.

NDON—1944

ow the time had flown since she and axim had come to England, Teddy used. Sometimes she found it hard to lieve that Maxim was already ten, t he had grown up in so many ways. e supposed this came from being at arding school, away from the Ger- an air raids, and with boys his own e. While he was the center of her e, she did not want Maxim to be rever reliant on her.

The only other man in her life, Willy erzog, had become very remote. He d escaped Germany and was living w in Shanghai. Recently Teddy had nfronted an inescapable fact: She did t want to live anywhere but En- and. She felt safe here, secure. And e was not even sure that she still anted to marry the man she hadn't en in five years.

In the years Theodora had been liv- g with Aunt Ketti in London, several ung men had asked her out, but ch time she had declined. She *had* ade some good friends, including the ely and lovely Lydia Pell.

"Hello, Lydia," Teddy said, as she entered the house for a dinner party one autumn evening.

"I'm so glad you came, Theodora!" dia Pell exclaimed. "Come in, don't nd outside in the cold."

Lydia took her coat, and the two ung women strolled toward the awing room. Teddy heard the sound a piano being played with superb ill. She instantly thought of Sig- nd Westheim, who had been a vir- so himself, and she was filled with expected emotion. She could not lp wondering where he and Ursula re at this moment.

As they entered, they saw a small up gathered around the piano. It s Lydia's brother Archie, who was the Royal Air Force, and a few of his ends. Lydia announced, "Here's eodora at last!" Everyone turned to eet her warmly.

Lydia murmured, "The only person u don't know is the chap who was t playing the piano so exceptionally ll. He's with Archie's squadron. His me is Mark Lewis. Mark, meet my y dear friend, Theodora Stein."

"Hello, Theodora," Mark said, his nd outstretched.



Teddy put her hand in his, and stood staring into his face, one of such boyishness he did not look old enough to be a fighter pilot. Then she became aware of his eyes, so dark they were almost black. Old eyes in a young face, she thought.

"I've been playing some favorite songs," Mark told her. Then one of the group asked for "I'll Be Seeing You," and Mark struck up the refrain.

Teddy stood with Lydia near the piano, listening to Mark play. His talent as a pianist was undeniable. She studied him. He was good-looking, with smooth, round cheeks, a wide brow and a generous mouth. His hair was dark, brushed straight back, and he had thick, curving brows above those soulful, expressive eyes.

Unexpectedly, he lifted his head and stared at her, and their eyes locked. Try though she did, she was unable to look away. She felt the color rushing up from her neck to flood her face. He smiled at her, and it was the loveliest of smiles. It seemed to reach deep inside her, too, and she understood that something important was happening.

Lydia whispered in her ear, "I'm going to give my mother a hand with supper. Excuse me a moment."

Teddy hurried after her and hid in the kitchen until dinner was ready.

Supper at the Pells' was always a boisterous affair. But Teddy, who was spirited and vivacious, found herself silent, almost withdrawn. She was aware that this was because of Mark Lewis. He sat next to her at the table, and she was acutely conscious of his presence.

On the surface he was genial and charming, yet intuitively she knew he was also a young man of character, one who was strong and brave, sensitive and gentle.

She had never experienced anything like this in her entire life. Not even with Willy, her fiancé. Poor Willy. She realized that she had not been in love with him in Berlin in 1938 but in love with the idea of marriage, and that was no reason to marry anyone.

"How long have you known the Pells?" Mark asked, startling her.

"Four and a half years," she replied.

"And you met them through Lydia?"

"Yes, we do war work together."

Mark nodded. "Do you live near here, Theodora?"

"Yes, in Belsize Park Gardens."

"With your parents?"

"Do you always ask so many questions when you first meet someone?" Teddy asked quietly.

He had the good grace *(continued)*

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to laugh. "No," he admitted, "only when I'm intrigued by someone," he said in a low, husky voice.

At the end of the evening, Mark asked Teddy if he could drive her home, and she accepted his offer.

Finally, when they arrived outside her aunt's house, Mark swiveled around in the seat to face her and said, "I'd like to see you again, Theodora. Will you come out with me?"

"Yes."

"Such a weak little yes," he said gently. "You are the shy one, aren't you."

"I'm not really. It's just that—" She took a deep breath and said, "I'd like to go out with you."

"Good, I'm glad," he said. "I hope you're free on Saturday, because my leave is up on Sunday."

"Oh, yes, Saturday would be fine."

"We'll go dancing," he said, smiling at her in the darkness of the car.

He took her to the Savoy Hotel. He wore his blue Royal Air Force uniform with his decorations pinned to the jacket, and he looked smashing.

They were sitting at the table, sipping the champagne he had ordered to go with dessert, and talking. So far this evening they had spoken only in generalities.

"Would you like to dance while we're waiting for dessert, Theodora?"

She shook her head. "Not at the moment, if you don't mind." Teddy's emotions were churning inside her, yet she was determined not to allow her nervousness to show.

Mark looked at Teddy in the candlelight. He had never seen a woman so beautiful. There was something about her that made him want to protect and cherish her as well as possess her physically. *Theodora Stein*, he repeated to himself. He wondered if she was Jewish; his mother had wondered the same thing out loud at lunch today.

"With a name like *Stein* she has to be," his mother had said. "You had better find out. You know what your father's like."

Oh, damn it, Mark thought, I'm going to marry the woman *I* love, whether she's Jewish, Catholic, Protestant or Hindu. Finally, leaning forward, Mark took a deep breath and plunged in. "I want to get to know you better, Teddy," he said, "and I want you to know me, too. Are you interested in me?"

She was so overcome by her feelings she could only nod.

"You can't imagine how happy that makes me," Mark said. "I'm terrib

ested in you, but then you know
"
e continued to gaze at him, and
eyes were shining with joy.
this moment the waiter arrived
the dessert course. Once he'd de-
ed, Mark said, "I thought I might
your parents when I came to col-
you tonight. Were they out?"
ly parents are dead, Mark," Teddy
ed very quietly.
od, how stupid I am! And very
sy. Do forgive me. I'm so sorry."
ou couldn't know. In any case,
've both been dead for a very long
."
nd that's why you live with your
?"
es."
nd where did you go to school,
dora?"
went to a school you couldn't pos-
know, in Berlin—I was born
."
ou are a *German*?" Mark's voice
berated with incredulity.
am."
ou don't have a German accent.
speak English beautifully."
ddy explained, "My mother
nt me English when I was small."
rk continued to stare at Teddy,
suddenly something clicked in his
. "How long have you lived here?"
ve years."
nodded, wondering if what he
suspected could possibly be true.
ddy saw a look cross Mark's face,
t was an expression she could not
fathom.
n Jewish," she blurted out, won-
g if this was going to make a
ence to him. She fervently hoped
uldn't.
rk sat looking at her in amaze-
. And then he smiled an odd little
before he stretched his hand
s the table and took hold of hers.
m I, Teddy," he said.
ey sat staring at each other across
dinner table, both of them en-
ed in what the other had to say.
spoke about his family and
the family business. In turn,
y told him about her life in Berlin
relationship with Willy Herzog.
spoke about her journey to En-
with Maxim and the life she had
for them in London.
rk listened attentively, and when
inished, he raised his glass of
pagne to her and said, "A toast to
Teddy! You're very courageous,
aside from being the most beau-
woman I've ever known."
ank you," she said, flattered by
mpliments.
me on, darling," he said. "I want
d you in my arms and dance with
and so saying he led her away
from the table.

Mark took Teddy in his arms, and they moved slowly around the room to the music, holding each other tightly. Teddy could feel the brass buttons of his uniform hard against her body. And she thought: I'm falling in love with him. They went on dancing for the rest of the evening as if in a dream.

Afterward they walked along the Embankment in silence, holding hands. It was a cold, clear night, but neither of them noticed.

Teddy was gazing up at Mark as raptly as she had on the dance floor. In the moonlight her face was clearly illuminated, and his heart missed a beat. He pulled her to him almost roughly, wrapped his arms around her, and kissed her fully on the mouth.

An extraordinary heat suffused Teddy's entire body; she swayed slightly in his arms, overcome by feelings and desires hitherto unknown to her.

Mark could hardly contain himself, and so he withdrew his mouth from hers and took a deep breath, endeavoring to calm his racing heart. "I'd better get you home," he said. "I don't want to find myself in your aunt's bad books. That wouldn't bode well for the future, now, would it?"

"No," she agreed, pleased by his words.

In the taxi back to her aunt's, there was even a brief moment when Mark thought of telling the cabbie to drive to his house, but he did not. With any other woman he would hardly have hesitated about seducing her. But he would not do that with Teddy. She was going to be his wife.

When they arrived, they stood outside and Mark spoke. "There's something I've been wanting to ask you for the last couple of hours. I want you to be my girl, Teddy. You will, won't you? I haven't misread your reaction to me, have I?"

"No, you haven't, and of course I'll be your girl." For always, she thought. For the rest of my life. But she did not voice these thoughts, just stood and smiled at him instead.

"Thank God I've found you!" he cried, and swept her into his arms, kissed her on the lips and hugged her hard. When he let her go, he said, "I'll ring you up tomorrow."

"I'll wait for your call. Good night."

"Good night, darling."

He ran lightly down the steps.

Teddy stood for a moment in the darkness of the hall, trying to catch her breath, to quiet her rapidly beating heart. ■

Barbara Taylor Bradford is a best-selling author who lives in New York City with her husband, Robert.

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MY MIRACLE

BY GLORIA ESTEFAN

Ladies' Home Journal August 1990







One day, she was the toast of the White House; the next, a near-fatal crash left Gloria unable to walk. Now, after surgery, she is on the mend

At thirty-two, singer Gloria Estefan was on top of the world as well as the charts. She and her band, Miami Sound Machine—with their catchy blend of Latin and pop music—had sold millions of albums. Even President Bush wanted to meet her. Then—just a day after smiling for the White House cameras—Gloria was lying on the floor of a demolished bus, fearing she was paralyzed and crying out for her husband, Emilio, and their nine-year-old son, Nayib. Looking back on that dreadful day, Emilio recalls: "I almost lost them both. In a matter of seconds, our whole family was nearly wiped out." Since then, Gloria has made an amazing recovery. Here, in her own words, is the story of the accident that broke this brave woman's back—but not her spirit.

AS TOLD TO KATHRYN CASEY



Everything seemed to be going so well for us. We were sold out all over. Then we got a call—the President would like to meet us! Thrilled, we made the trip to the White House on March 19. The President and I talked about an anti-drug billboard campaign I had just completed that said, "If you need someone, call a friend. Don't do drugs." I had been worried that Nayib would be nervous, but he had a wonderful time.

That night we were supposed to attend a dinner in New York. I wasn't sure I wanted to go. I was tired. Emilio mentioned flying, but I wanted to rent a tour bus so I could rest on the way. The dinner turned out to be fun—our old friend Julio Iglesias was there, and we had a chance to catch up with him.

The next morning we piled back into the customized tour bus for the five-hour drive to Syracuse, New York, our next concert stop. Nayib and his tutor were at one end of the bus studying, and Emilio was at the other, on the phone, his home away from home. I wanted to take a nap to be fresh for the performance, so I slipped the worst spy movie we had into the VCR, knowing it would make me sleepy. An hour outside of New York City, I fell asleep on one of the bus's two couches.

About forty-five minutes later we stopped, and I opened my eyes. It was snowing outside. Everything was white and so quiet that it was eerie. Emilio was standing on the stairwell, still talking on the telephone, explaining to someone that there was a truck jackknifed in front of us.

We must have been stopped for about *(continued on page 152)*



"EVERY DAY WAS FILLED WITH FIRSTS," SAYS GLORIA, CUDDLING PUPPIES RICKY AND LUCY (LEFT). ALTHOUGH SHE'S BACK ON HER FEET, IT WILL BE SEVERAL MONTHS BEFORE SHE CAN PERFORM IN CONCERT AGAIN AS SHE DID ABOVE


Coca-Cola

"I DON'T WANT MY SON TO BE FORGOTTEN"

Ryan White's brave battle with AIDS made us take a new look at a terrifying disease. In this exclusive interview, Jeanne White talks about her determination to keep her son's memory alive

By Ann Marie Cunningham

There's a plaque reading "Home Sweet Country Home" on the wall of Jeanne White's kitchen, in Cicero, Indiana, a small, quiet town surrounded by farmland, about an hour north of Indianapolis. These days, though, the plaque seems sadly out of place, a forlorn attempt at cheerfulness.

Upstairs, Ryan's room sits undisturbed, full of the banners and mementos that well-wishers sent him during his final hospital stay. The suitcase he took on his last trip to California is packed with the new shirts he bought there; he never had a chance to wear them.

Sitting at her kitchen table, Jeanne, forty-three, runs her hand through her dark, curly hair and rubs a reddened eye. "I can't quite believe that Ryan is gone," she says quietly as she opens some letters—more than fifty thousand at last count—that supporters have sent from around the world. "I certainly feel he's still with me; it's just that his physical presence is missing."

Last April, Jeanne's only son, who was probably the most famous AIDS patient in the world, died in an Indianapolis hospital. A hemophiliac, Ryan had contracted AIDS from one of his twice-weekly infusions of a blood product designed to help clotting and prevent internal bleeding. When he was diagnosed in December 1984, suffering from AIDS-related pneumonia, doctors gave him just three to six months to live. But the slight, five-foot youngster, who rarely lacked wry humor, vowed that he'd "lick this thing, or die trying."

By the time his battle ended, five and a half years later, he had drawn worldwide attention and given many young AIDS patients hope for longer lives. His brave legal fight *(continued on page 160)*





Despite his fatal illness, Ryan (far left, with Mom, in their kitchen) kept up a cheerful public front. After his funeral (center), where pallbearers included Phil Donahue and Elton John, his mother (near left) took time to be alone with her memories

Photos, from left: Mary Ann Carter/Sipa Press, Mike Fender/Sygma, Tom Casalini.

CAN THESE MYSTERIES BE SOLVED?

the true crimes that detectives can't forget

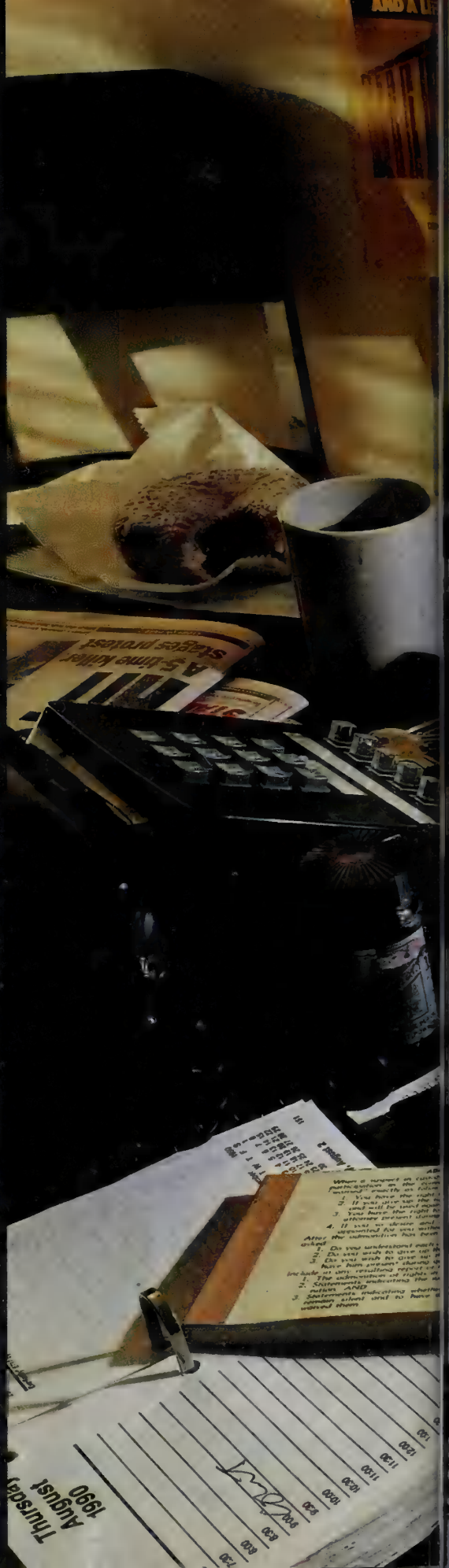
EVERY YEAR THOUSANDS OF PEOPLE ARE KILLED OR KIDNAPPED. MOST OF THESE CRIMES ARE SOLVED—BUT MANY ARE NOT. HERE, FROM THE FILES OF THREE VETERAN INVESTIGATORS, THE STORIES OF THE CASES THAT OBSESS THEM

BY ANDREA GROSS

The FBI statistics are terrifying: Since 1960 the killers of more than one hundred thousand people have eluded the police. More than five thousand other people are listed as missing; many of them may have been murdered.

Even more shocking than the yearly number of killings—nearly twenty-one thousand, according to the latest federal figures—is the steadily increasing number that remain unsolved by overburdened law-enforcement officials. In 1960 only 8 percent of homicide cases remained open; in 1988, the last year for which figures are available, the rate had jumped to a frightening 30 percent.

Those daunting odds are all too familiar to a man like Detective Richard Fuqua, who has become caught up with one case in particular: the murder of a Phoenix millionairess. Jeanne Tovrea was asleep on April 1, 1988, when an intruder entered her home and fired four bullets directly into her skull. But despite Tovrea's wealth, burglary does not seem to have been the motive, and more than two years after the crime, Fuqua is almost as perplexed as he was *(continued)*



THREE DEADLY PUZZLES (OPPOSITE, CLOCKWISE FROM TOP LEFT): WHO KILLED SOCIALITE JEANNE TOVREA? WHY WON'T ANYONE IDENTIFY THESE TWO MURDERED WOMEN? WAS PAPERBOY JOHNNY GOSCH KIDNAPPED BY A RING OF PEDOPHILES?


KIDNAPPED
JOHN DAVID GOSCH
REWARD
DATE:

(continued) the day the case first landed on his desk.

"It's a contract killing," he says firmly, "but we don't know who did the murder or who ordered it done." Fuqua's dogged pursuit of Jeanne Tovrea's killer has led him to four states and the District of Columbia. An exhaustive investigation like this is nothing new to the brusque sixteen-year veteran, who wears a revolver strapped to his ankle. Like any experienced officer, he is used to staking out crime scenes, interviewing witnesses and studying physical evidence. Throughout his career, he has solved dozens of crimes with the help of tabulations supplied by computers, reports submitted by forensic labs, and autopsies performed by coroners. But no matter how many hours Fuqua puts in on the case, Jeanne Tovrea's killer still remains maddeningly beyond his reach. "Sometimes," Fuqua says softly, "I feel as if I'm chasing ghosts."



Here, from the files of three investigators, are the stories of their own ghost chases—the crimes they can't unravel and can't forget.

The case of the missing paperboy

The crime that preys on the mind of Lieutenant Gerry Scott, of the West Des Moines, Iowa, police department, took place on September 5, 1982. That morning, twelve-year-old Johnny Gosch convinced his father to let him go alone on his Sunday-morning paper route. "I can do it myself, Dad," the boy protested. "I'm in seventh grade now."

Just a glimmer of sunlight peered over the horizon at six A.M. as Johnny left the house. He was pulling his wagon toward the spot where he was to pick up the newspapers when a blue car stopped next to him. "Which way to Eighty-sixth Street?" asked the heavyset, dark-haired man at the wheel. Johnny mumbled a reply and walked over to another paper carrier, Mike Seskis. The driver of the car made a U-turn, parked next to the two boys and tried to talk to them. "This guy's weird," Johnny whispered. "I'm going home."

Those were the last words he ever spoke to his friend. As Johnny walked away, a tall, thin man appeared, seemingly out of nowhere. A few minutes later Mike heard a car door slam. He looked up from the papers he was folding and saw a blue car tearing down the street but thought nothing of it.

More than an hour later the Gosches began getting phone calls from irate subscribers who hadn't received their newspaper. John Gosch, figuring that his son had fallen behind schedule, went outside to offer help. A block and a half from home, he saw the wagon, full of papers, in the middle of the street. His boy was nowhere to be seen.

"When you're a detective," one investigator says, "it's like a chess game. You want to win."

John felt the blood drain from his face. "I just knew something horrible had happened," he says. "Johnny was too reliable to abandon his papers on a whim."

He raced back to the house, where his wife, Noreen, was waiting in the kitchen. "Call the police," he said in an abnormally husky voice. "Johnny's been kidnapped."

The Gosches didn't waste any time. By that afternoon, they had organized a search party to comb the surrounding area, including a state park five miles away. They found nothing. The police ran a computer check on the thousands of blue cars registered in Iowa, but they didn't turn up anything suspicious. Along with the Gosches, they distributed thousands of posters, but while they received calls, there was no breakthrough. Most frustrating of all to Scott, investigators could find no trace of the heavyset, dark-haired man or the tall, thin man.

"Of course it's logical to assume that one or both of these persons were involved," says Scott, a twenty-one-year police veteran. "But," he cautions, "we just don't know."

Still, Noreen and John—whose tragedy spurred them to help found the National Center for Missing and Exploited Children, in Washington, D.C.—have no doubts about the involvement of the two men. "Johnny is the victim of a conspiracy," his mother says. "The abduction went so smoothly that it had to have been the work of more than one person."

The Gosches believe that Johnny's kidnapping may be linked to that of Eugene Martin, a thirteen-year-old who was taken from nearby Des Moines in 1984, or that of Jacob Wetterling, eleven, who was abducted from St. Joseph, Minnesota, last October. (Jacob's mother wrote about his kidnapping in the March *Ladies' Home Journal*.) "I feel a pedophile ring is involved," says Noreen, who has spent heartbreaking hours paging through porn magazines that contain pictures of children. Police are less definite in their theory. "It was possibly the work of more than one person," Scott says, "but also possibly not."

One of the most hopeful signs that the boy may still be alive came in February 1988, almost six years after he disappeared. John and Noreen received a typed letter that read in part: "They have dyed my hair and changed my appearance. I will never be permitted to return home, but I hope you will not forget me." The signature—"Your son, Johnny Gosch"—brought tears to Noreen's *(continued on page 156)*

Lori Shaw



'our-wheel drive, rear anti-lock brakes nd peace of mind come standard.

The new Electronic 4-Wheel Drive Ford erostar with rear anti-lock brakes makes ace of mind a new standard feature for you d your family. That's because this Aerostar ves you improved traction and control in all nds of weather.

ll-time traction and more ntrolled braking.
Aerostar's sophisticated 4-wheel drive is a ll-time system which electronically senses ad conditions and adjusts the amount of wer given to each set of wheels accordingly. ie rear anti-lock brakes are designed to event rear wheel lock-up and help you make aight stops.

werful 4.0L V-6, standard.
Advanced technology isn't all there is to the erostar story. In addition to its standard 4.0L 6, the new 4WD Aerostar offers attractive styling, a comfortable interior and impressive capability. Put this all together and you've got a vehicle that gives you not only peace of mind, but pride of ownership, too.

Transferable 6/60 powertrain warranty.
Covers you and future owners on major powertrain components for 6 years/60,000 miles. Ask to see a copy of this limited warranty at your Ford Dealer.

1990 *Motor Trend* award-winner.



Recently, *Motor Trend* selected the 4WD Aerostar as the winner of its prestigious 1990 "Truck of the Year" award. Once again, Ford's commitment to quality and philosophy of continuous improvement pays off.

New 4WD Ford Aerostar

Have you driven a Ford...lately? Ford

kle up—together we can save lives.

RED HOT

Everyone knows that redheads have a reputation . . . for flaunting high-spirited, **INTENSE**, passionate personalities. But we didn't start the fire—being **RED** has *always* turned heads: Rita Hayworth steamed up the big screen; Brenda Starr, star reporter, got **GLOWING** reviews for looks *and* brains; madcap Lucille Ball was the world's most beloved comic; and back in the U.S.S.R., Raisa Gorbachev is the reddest Red of all! Do you want to **GET NOTICED**, too? We sent four dare-to-be-different women to hotshot hair colorist and Clairol consultant Louis Licari, of the Louis Licari Color Group, New York City. He turned up the **HEAT** and changed their lives forever!



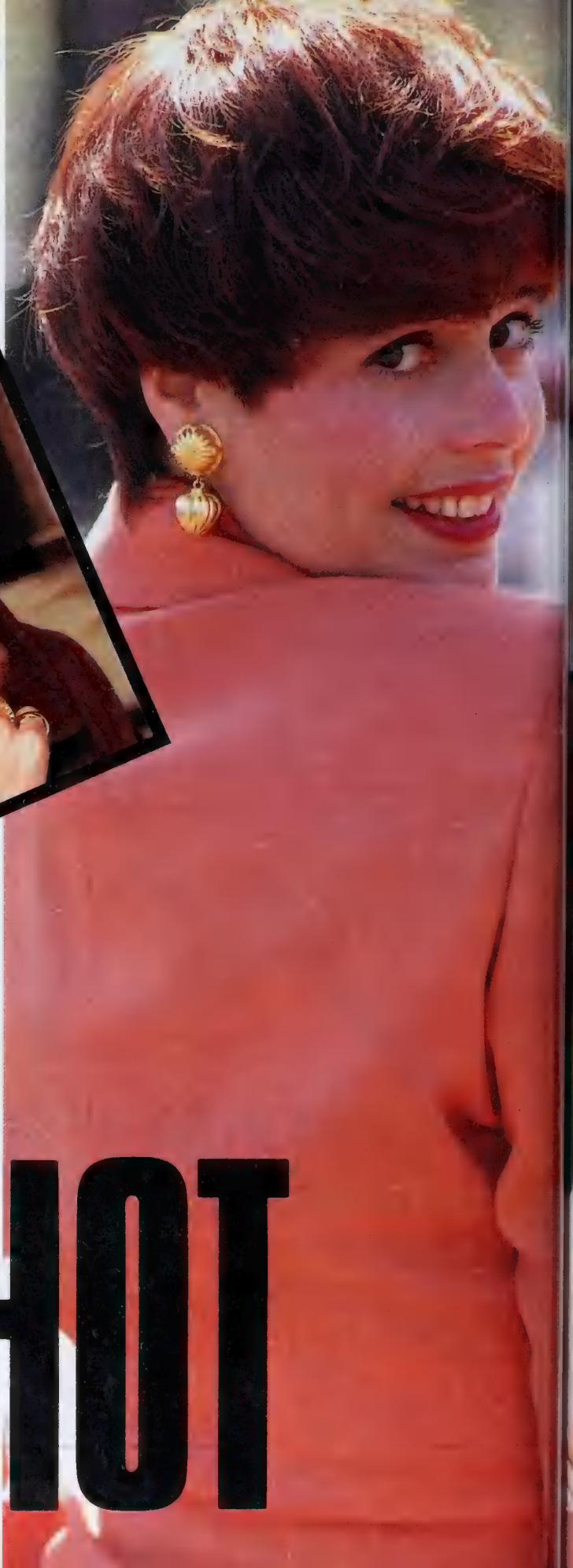


CASCADING CURLS IN TRAFFIC-STOPPING RED ARE PURE ALLURE

According to Louis Licari, "only six percent of American women are natural redheads, so if you choose to be red, you're asking for attention!" Sara Dixon, left, did just that when she went from light brown to a rich, golden red. We couldn't help comparing Sara's new look to the legendary Rita Hayworth's—feminine, flirty and all-out glamorous. Louis used Clairol's Nice 'n Easy #111, Natural Tawny Auburn, to complement Sara's fair skin and blue eyes. Remember, once you change your hair color, you must revamp your makeup kit, too. Sara looks sensational in soft, translucent shades of pink and peach. Tip: The darker the red, the more vibrant your makeup can be. Pink cashmere sweater, N. Peal; earrings, Fragments. Photos, from left: Doc Pele / Stills / Retna, Nesti Mendoza. Near left: hairstylist, Michael Longo for Louis Licari Group; makeup, B.J. Gillian for Louis Licari Color Group.

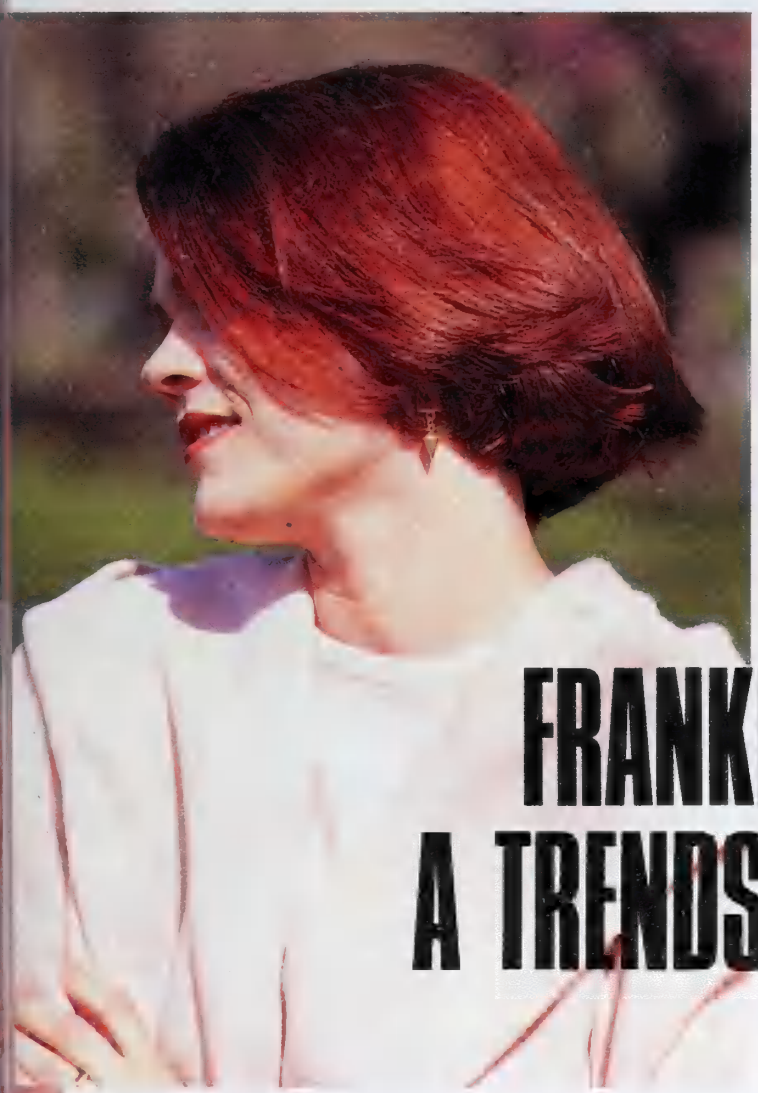
FIERY Fergie is Britain's feistiest royal—we think her red tresses make an unmistakable statement. Ready or not, it's a **RED ALERT**.





RED HOT

Red can be soft and sexy or stand-out-in-a-crowd bold. Fergie's our idea of a nineties redhead—independent and strong-willed. Joining her in leader-of-the-pack status are Teri Masone, left, and Teri McGreevy, below, two brunets who became eye-arresting ladies in red. Since Teri Masone was a dark brunet, Louis chose a deep, dark red that blends in beautifully with her dark brows and brown eyes: Ultress #Y43, Auburn. Teri McGreevy, on the other hand, was a fair-skinned, blue-eyed brunet, so Louis opted for Nice 'n Easy #110, Natural Light Auburn, a bright, true red. Cut counts when you're entering the red zone: Keep it simple. Red is show-stealing enough, so avoid complicated styles. Classic blunt cuts, mini-bobs and soft, longer layers are all good bets. Pantsuit, left, Crisca at Escada; earrings, Patti Horn at Escada. Suit, below, Tehen; sweater, Cashmere Cashmere; earrings, Patti Horn at Fragments. Photos, from left: Terry O'Neill/Sygma, Nesti Mendoza. Hairstylists: left, Michael Longo of Louis Licari Color Group; right, Lana Chirco of Louis Licari Color Group.



BETTER RED THAN...



Miss Clairol's Creme Formula #47, Red Ginger, turned Debrah's drab salt-and-pepper hair into spicy red



OUR VOTE FOR THE MOST dramatic makeover goes to Debrah Donahue, above. Gray since she was eighteen, thirtysomething Debrah considered coloring her hair many times but could never muster the nerve. Louis to the rescue! Do redheads have more fun? "Yes!" she says. "My fiancé loves it, too. After I left the salon, I went to the

FRANKLY, SCARLET IS A TRENDSETTING SHADE

Gap and bought every green shirt they had!"

Blouse and blazer, Armand Venilo, Paris.



Whether it's a dramatic drape of sumptuous silk, a flutter of whisper-soft chiffon or a punch of color in cotton, a scarf is today's most versatile element of style. By Lois Joy Johnson, Beauty and Fashion Director

TIE ONE ON



OPPOSITE. IT'S A WRAP—A GENEROUS SWEEP OF SUEDED SILK IN STRIKING SAFFRON DRAPES THE NAPE LUXURIOUSLY. A BREATH OF FRESH FLAIR FOR A BARE NECKLINE. WASHED-SILK SCARF, JOHN JACOBUS; SUIT, DONNA KARAN; EARRINGS, MARIA SNYDER; RING, MONTES DE OCA FOR FRAGMENTS. MODEL, BETTY LAGO OF FORD. THIS PAGE. INSTANT STATUS. THE SPORTY ASCOT (A TRIANGLE LOOSELY TIED IN FRONT, THEN "BLOUSED") IS PERFECT FOR SHOWING OFF A FAVORITE PAISLEY. ALL PHOTOS NESTI MENDOZA. MAKEUP, LINDA MASON. HAIR, GABRIEL SABA FOR JOHN SAHAG SALON. SILK SCARF, CLUB 7; ECHO; JACKET, DONNA KARAN; SHIRT, J. CREW; SUNGLASSES, OPTICAL AFFAIRS; 14K EARRINGS, SHASHI, INC., FOR THE WORLD GOLD COUNCIL. MODEL, PENNI OF PAULINE'S





OPPOSITE: INTERESTED IN TRYING OUT A HOTHOUSE HUE OR AN UNEXPECTEDLY SPLASHY PATTERN? A SCARF IS SUPER FOR AUDITIONING A NEW LOOK IN A SMALL WAY. THE OVER-THE-SHOULDER SHAWL (FOLD LARGE SQUARE DIAGONALLY, KNOT IN FRONT) MAKES THE MOST OF SEE-WORTHY FLORALS, CLASSIC DESIGNS. COTTON SCARF, KENZO; JACKET, CHRISTIAN DIOR. HAIR, LANA CHIRCO OF LOUIS LICARI SALON. MODEL, PENNI OF PAULINE'S. THIS PAGE: SHEER [illegible] YOUR WAY CLEAR OF THE TYPICAL SUIT-AND-BLOUSE COMBO—AN OBLIQUE CHIFFON SCARF, SOFTLY DRAPED AROUND THE NECK, FILLS THE BILL FOR A TURNOUT WITH CLOUT. SIMPLY CROSS ENDS, SECURE INTO YOUR WAISTBAND AND ARRANGE FABRIC IN BILLOWY FOLDS. SCARF, THE HONEY COLLECTION; SUIT, RANDY KEMPER. HAIR, GABRIEL SABA FOR [illegible], MODEL, MARGOT OF FORD.

TIE ONE ON

HOW TO CHOOSE THE COLORS, PRINTS AND PATTERNS THAT WORK WITH YOUR WARDROBE AND EXPRESS YOUR PERSONAL STYLE



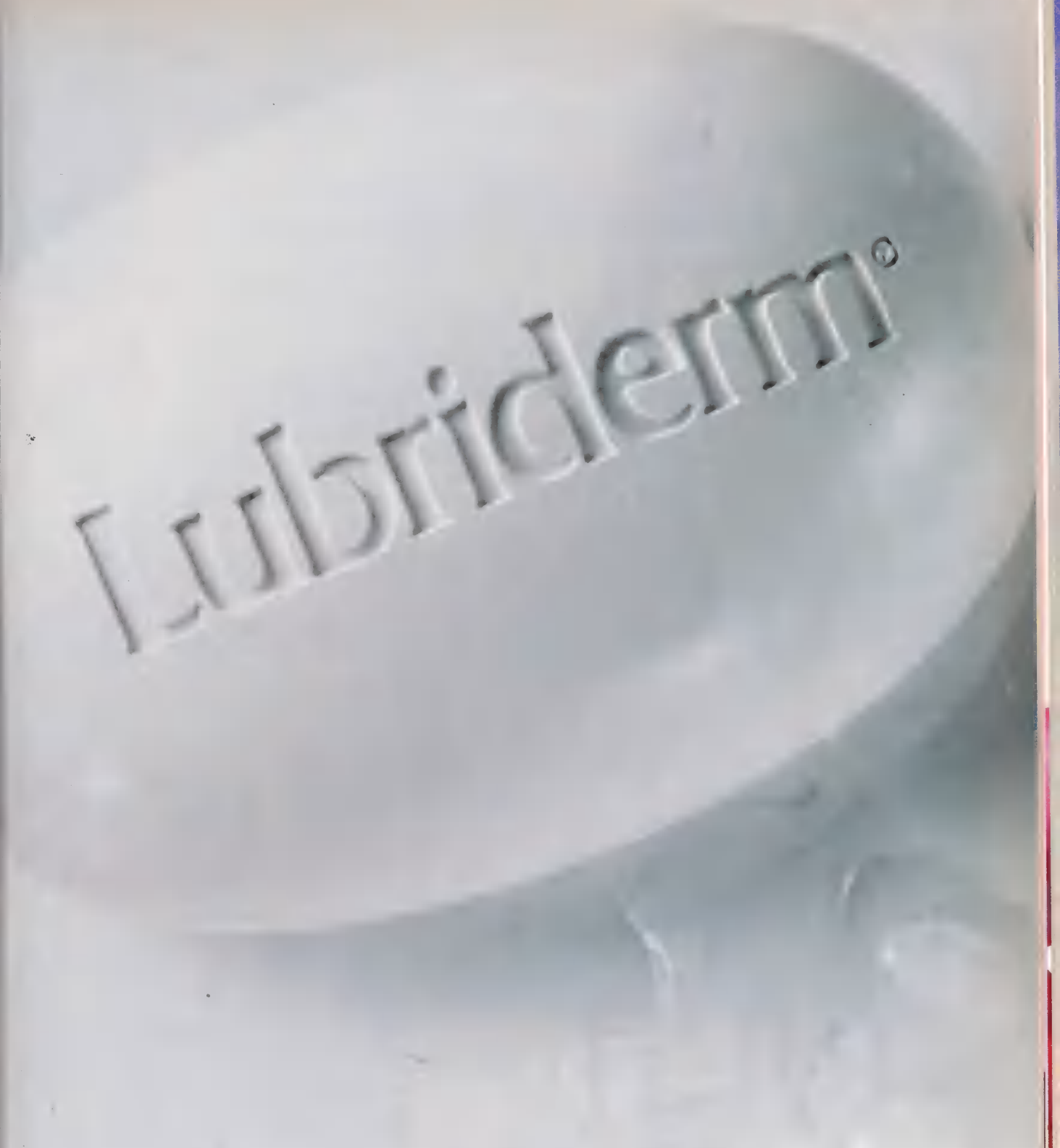
ABOVE: GET ARISTOCRATIC WITH A FORMAL ASCOT TIE. CENTER TRIANGLE IN FRONT, CROSS ENDS BEHIND NECK AND TIE LOOSELY BUT SECURELY IN FRONT. SILK SCARF, CLUB 7 ECHO; JACKET, KENZO; BODYSUIT, DONNA KARAN; EARRINGS, H. STERN. MODEL, MELANIE KREMSER OF CLICK.



LEFT: A SILK SCARF CHOKER IS A STUNNINGLY SIMPLE IDEA, ESPECIALLY IN AN ENGAGING LEOPARD PRINT. SIMPLY FOLD AN OBLONG SCARF IN HALF LENGTHWISE AND WRAP LOOSELY AROUND THROAT. SILK SCARF, HONEY COLLECTION; MINI-TRENCH, CHARTREUSE; SUNGLASSES, OPTICAL AFFAIRS. MODEL, BETTY LAGO OF FORD.

ACCESSORY NECESSITIES

	CLASSIC	MODERN	ROMANTIC
LOOK FOR	**English-inspired florals, chintz prints with lush roses and peonies; equestrian and hunting designs; traditional paisleys in bordeaux, hunter green and navy; trompe l'oeil touches—tassels, feathers, even perfume bottles.**	Geometrics, bold stripes, dots, checks and combos; animal prints; splashy, tropical florals; batiks; beaded, embroidered and gold-shot silks; whimsical themes—cartoons, movie stars, alphabet graphics.	*Floaty fabrics like chiffon and sueded silk in washes of apricot, peach and blush; earthier saffron, olive and rust; and brights like fuchsia, marigold and turquoise. Or opt for a color you're often complimented on.*
WEAR WITH	**Rich-looking tailored basics like blazers in navy, black, gray and cream, cotton and silk shirts, polo and crewneck pullovers; jeans, jodhpurs, chambray shirts and velvet-collar riding jackets.**	Streamlined, body-conscious basics and Euro-chic styles: a big jacket, cardigan or tunic over skinny leggings, stirrups, capris or a miniskirt.	*Tailored suits and jackets to fill in (but not close up) a low V-neckline; bare-neck pullovers, scoopy sheaths, strapless and wide boat-neck styles.*
TIPS	**Keep jewelry small—pearl studs, tiny gold hoops. Choose a scarf with a red, pink or ivory background—these colors not only flatter the face but punch up dark classic neutrals, too. Remember that tying a scarf jumbles the pattern, so try on the scarf before you buy.**	Mix color on color, pattern on pattern—for example, rejuvenate a black knit bodysuit and skirt with an orange-and-fuchsia striped scarf. Accessorize with modern sculptural jewelry or one-of-a-kind ethnic pieces.	*An oversize square makes for a more elegant, lush look. Scarf edges should be evenly finished with a narrow, hand-rolled hem. Add nothing more than shoulder-duster earrings.*



Skinsurance for your body.

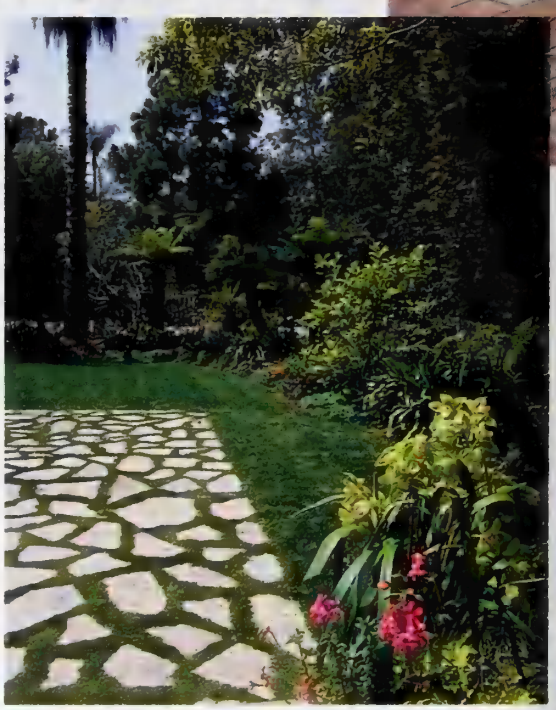
ny body soaps strip your skin of its natural moisture, while they lean. The new Lubriderm Body ar does just the opposite. It not only cleanses but also is formulated with essential moisturizing ingredients to insure a delicate balance between cleansing and moisturizing.



BY LAUREN PAYNE
DECORATING EDITOR

BACKYARDS OF THE RICH AND FAMOUS

Admit it—wouldn't you love to know where all those celebrities you see on TV every week spend their spare time? Well, we were curious. And after a bit of sleuthing, we found out: Believe it or not, some of the most popular stars of the small screen don't party-hop or shop till they drop after work—they seek solitude from the stress of the set in their own backyards. In these pretty California hideaways with their gorgeous private gardens, they truly enjoy their place in the sun. Won't you join us for a visit?





JOANNA KERNS Welcome to Joanna's great escape: a dreamy, Mediterranean-style home in Santa Clara. The star of *Growing Pains* chose her 1920s home last year because the airy courtyard and graceful gardens reminded her of the French countryside she loves so much. It's no surprise that this courtyard, with its arches and weathered brick floor, is her special spot: Here she sips her morning coffee, listens to music piped through outdoor speakers, and basks in the beauty of bougainvillea and pink and gold cymbidium, her favorite flowers.

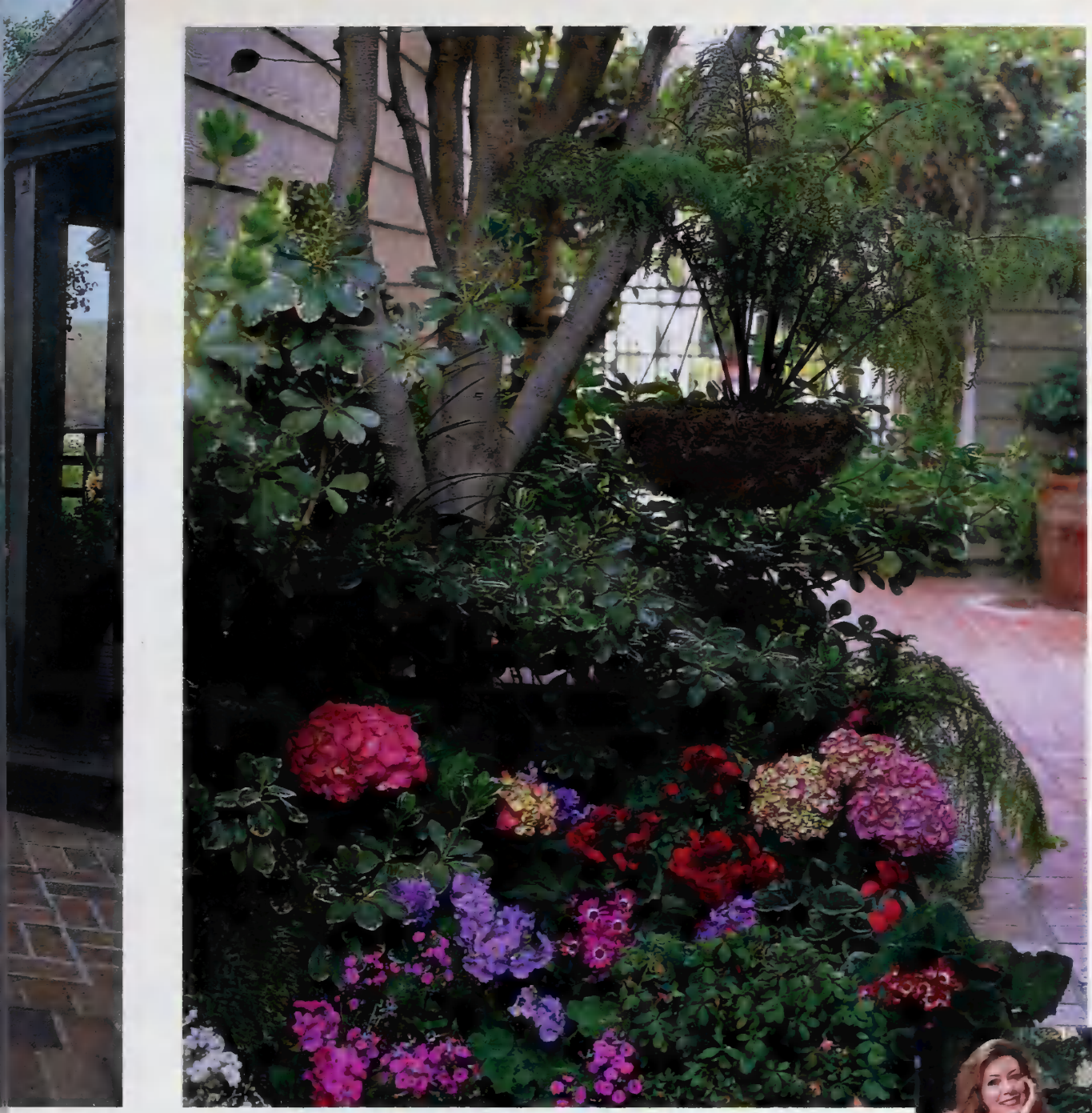
Photos, Victoria Mihich. Stylist, all gardens, Mindy Hahn. Kerns's makeup, Eugenia Weston of Senna Cosmetics; hair, Audrey Levy.



BARBARA EDEN In exclusive Beverly Hills Barbara has found her very own garden of Eden. When she's not hanging out in her hammock enjoying a marvelous view of the mountains, she's busy entertaining family and friends by the pool. Barbara bedecked her deck with a profusion of potted impatiens and azaleas in pink and white. In fact, she loves her backyard so much, she installed mirrors so she could get a panoramic view from her bedroom.



Photos, Richard Fish.

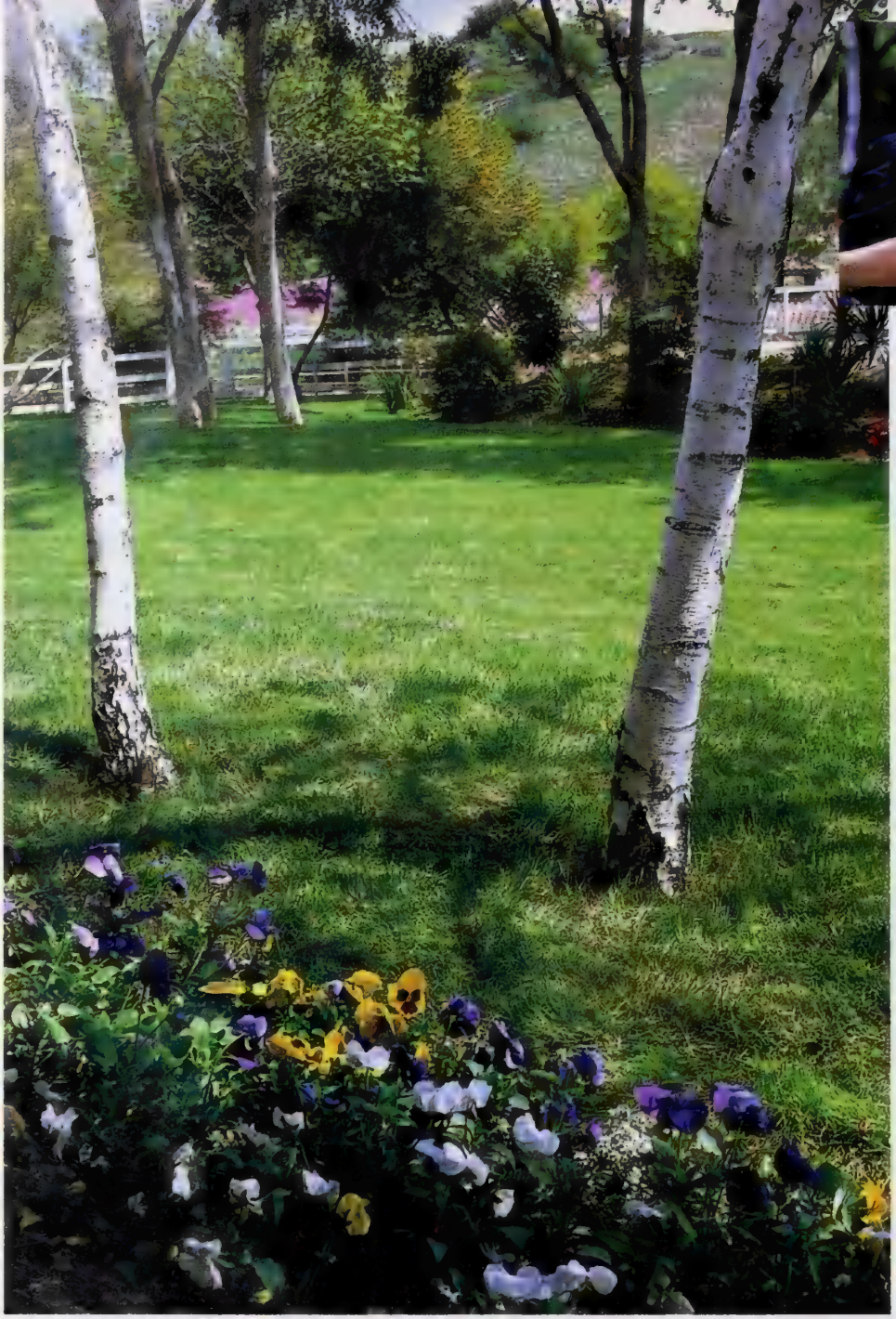






NANCY STAFFORD After a day of lights, camera, action! on the set of *Matlock*, Nancy heads for her English cottage in L.A. The charming yard, complete with a French-inspired fountain filled with koi fish and surrounded by bright red begonias, is small enough for Nancy to do her own gardening and the perfect size for hosting cozy barbecues.

Photos, Victoria Mihich. Stafford's hair and makeup, Terrence Finnigan for Visages Style, LA.



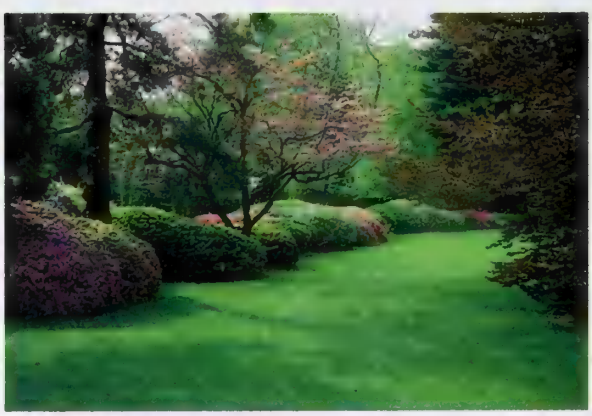


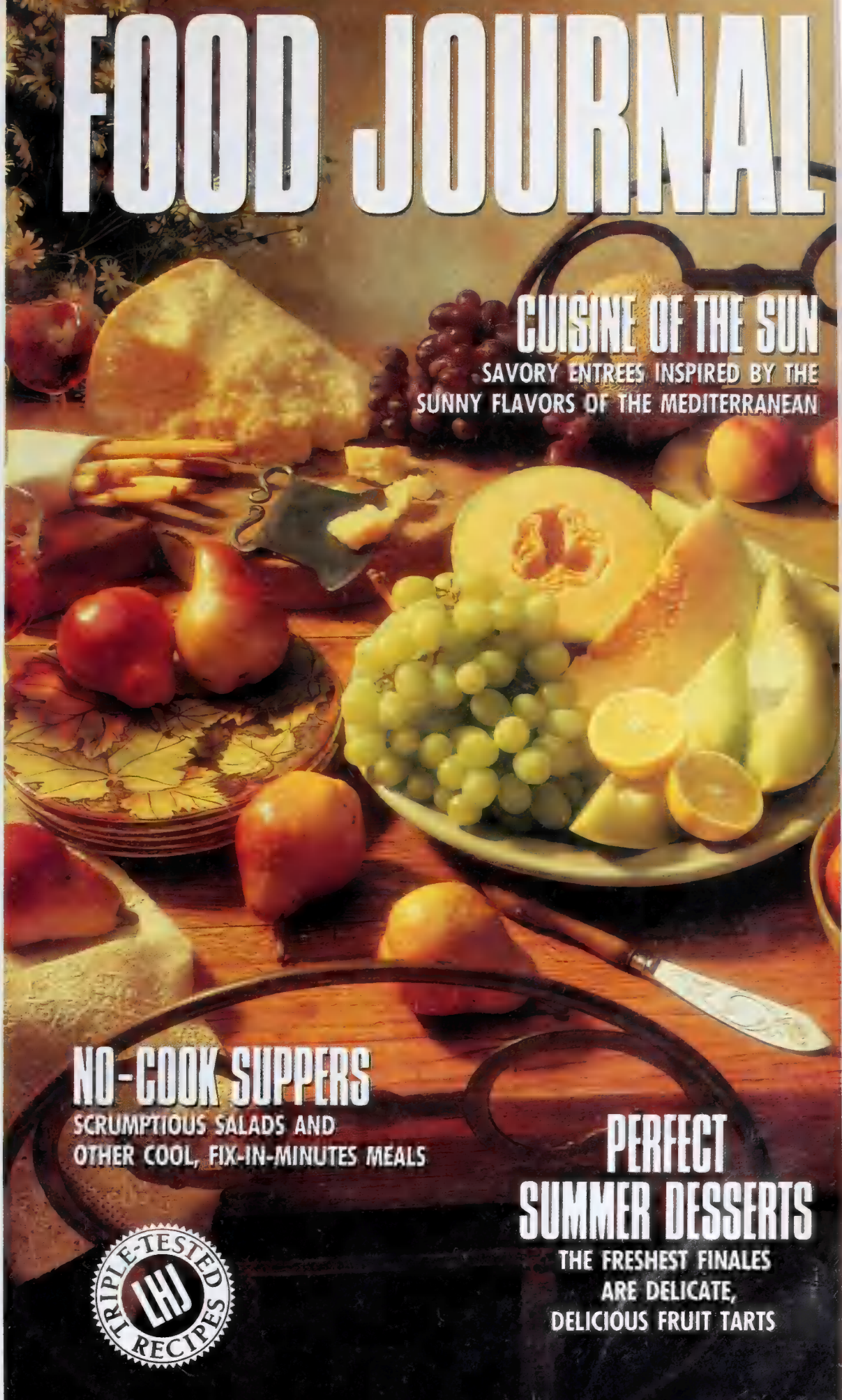
BRUCE BOXLEITNER's backyard is truly splendor in the grass—the expansive lawn behind his Southwest-style San Fernando Valley home is ideal for playing with his two sons. The former star of *Scarecrow and Mrs. King* has a hectic schedule modeling for Estée Lauder and working on TV-movie projects. Whenever he can take a break, he invites lots of friends over for fun and games.

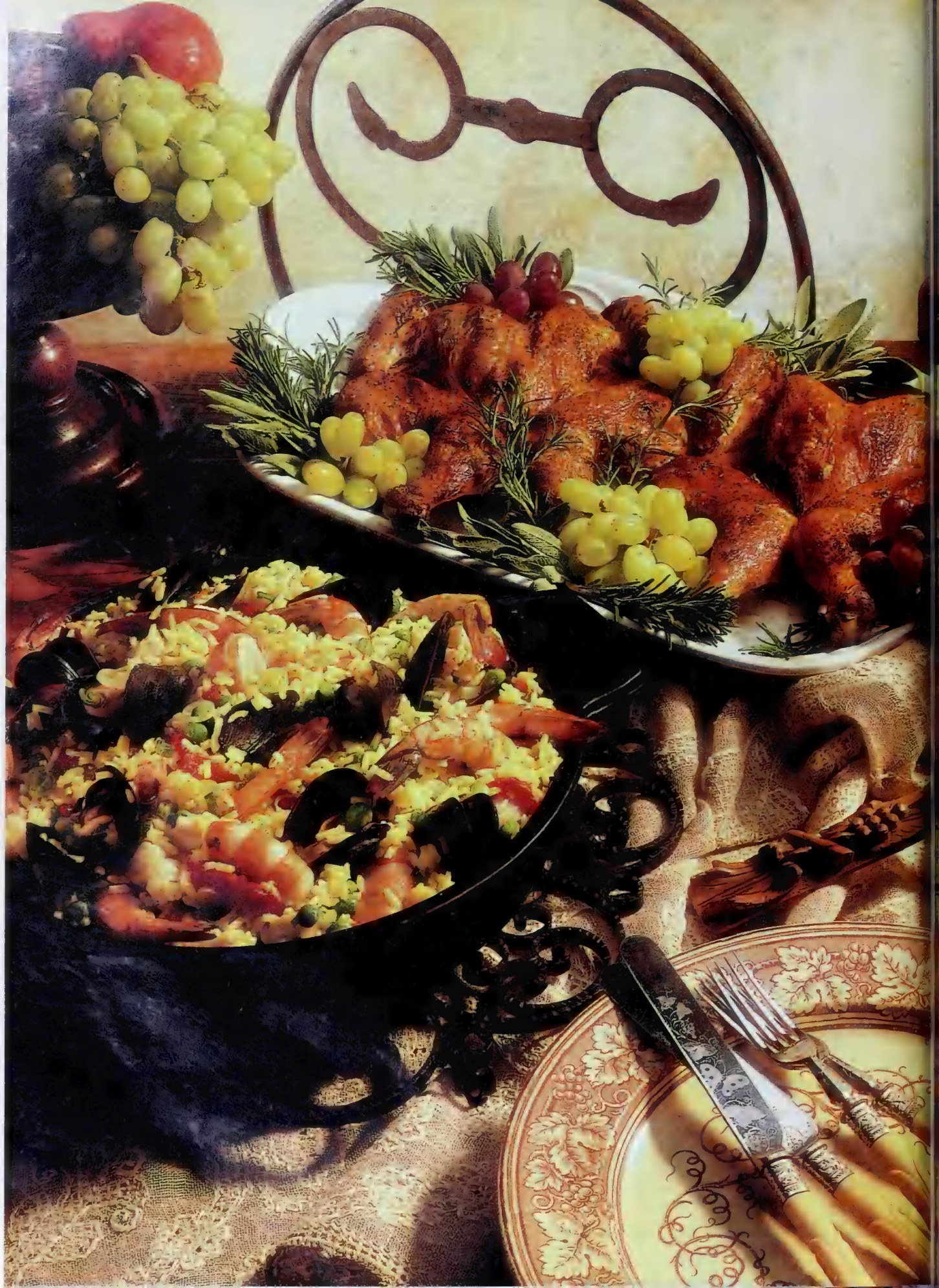
Photos from top: Victoria Mihich, Derek Fell.

THIS GRASS IS ALWAYS GREENER

Want to give *your* backyard celebrity status? The first step is a gorgeous green lawn. We've discovered an affordable, fast-growing grass seed you can order that's guaranteed to germinate in just five days—yielding a lawn as fabulous as the photo at right. Called Quicklawn Grass Seed, it not only grows quickly but has a fine texture, is resistant to diseases and insects, remains green during the winter when other grasses turn brown and is drought-resistant. Did you know that the *end* of summer is the best time to create a new lawn or reseed an old one? In fact, the *perfect* time to start a new lawn is five P.M. on August 15—after hot summer days begin to cool down and weed seeds become dormant. Order today! Details are on page 156.




FOOD JOURNAL
CUISINE OF THE SUN
SAVORY ENTREES INSPIRED BY THE SUNNY FLAVORS OF THE MEDITERRANEAN
NO-COOK SUPPERS
SCRUMPTIOUS SALADS AND OTHER COOL, FIX-IN-MINUTES MEALS
PERFECT SUMMER DESSERTS
THE FRESHEST FINALES ARE DELICATE, DELICIOUS FRUIT TARTS
TRIPLE-TESTED
LHJ
RECIPES





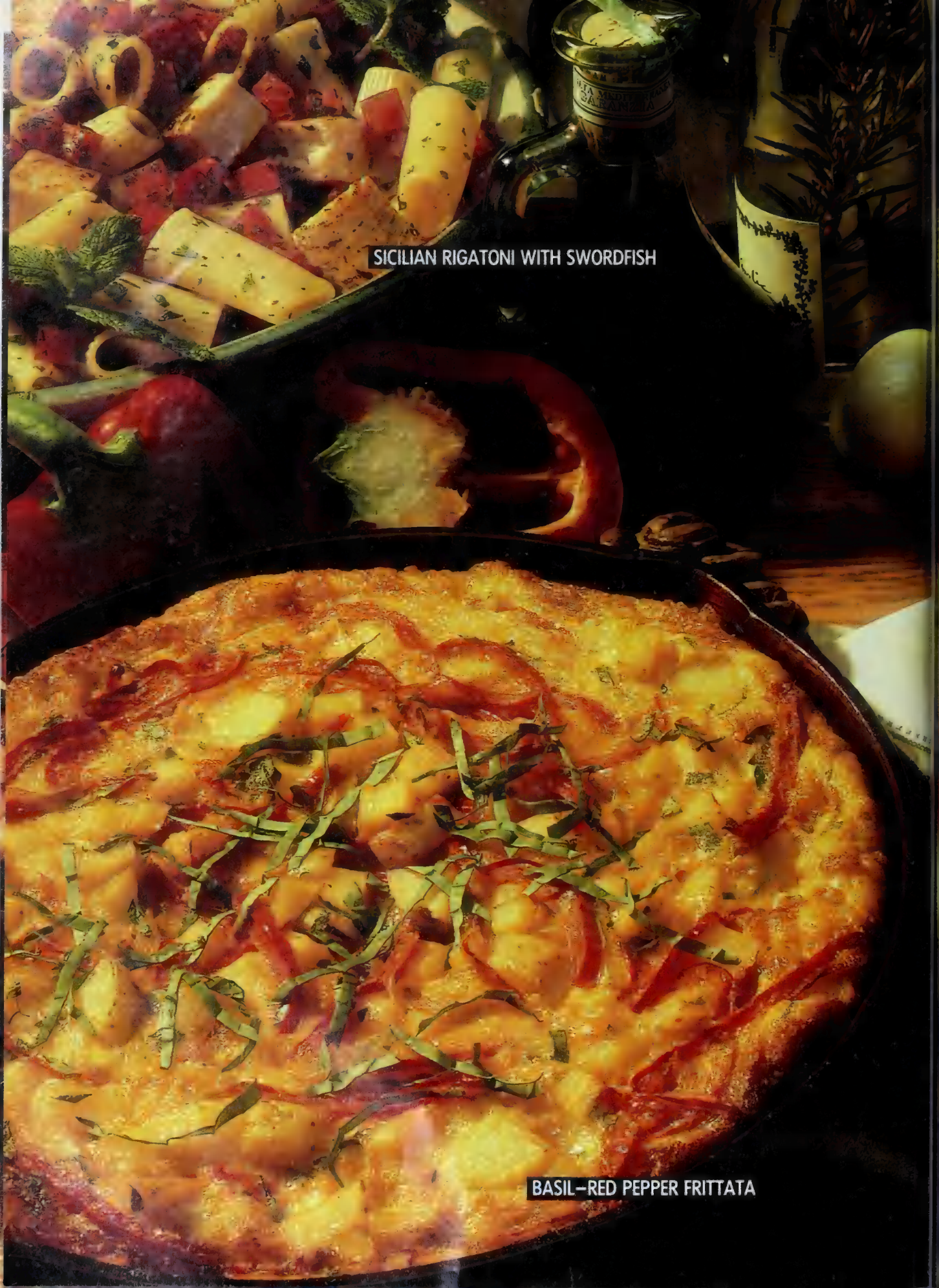
Photo, Bill Milne; prop stylist, Debrah Donahue; food stylist, A.J. Battifarano. Details, page 149.

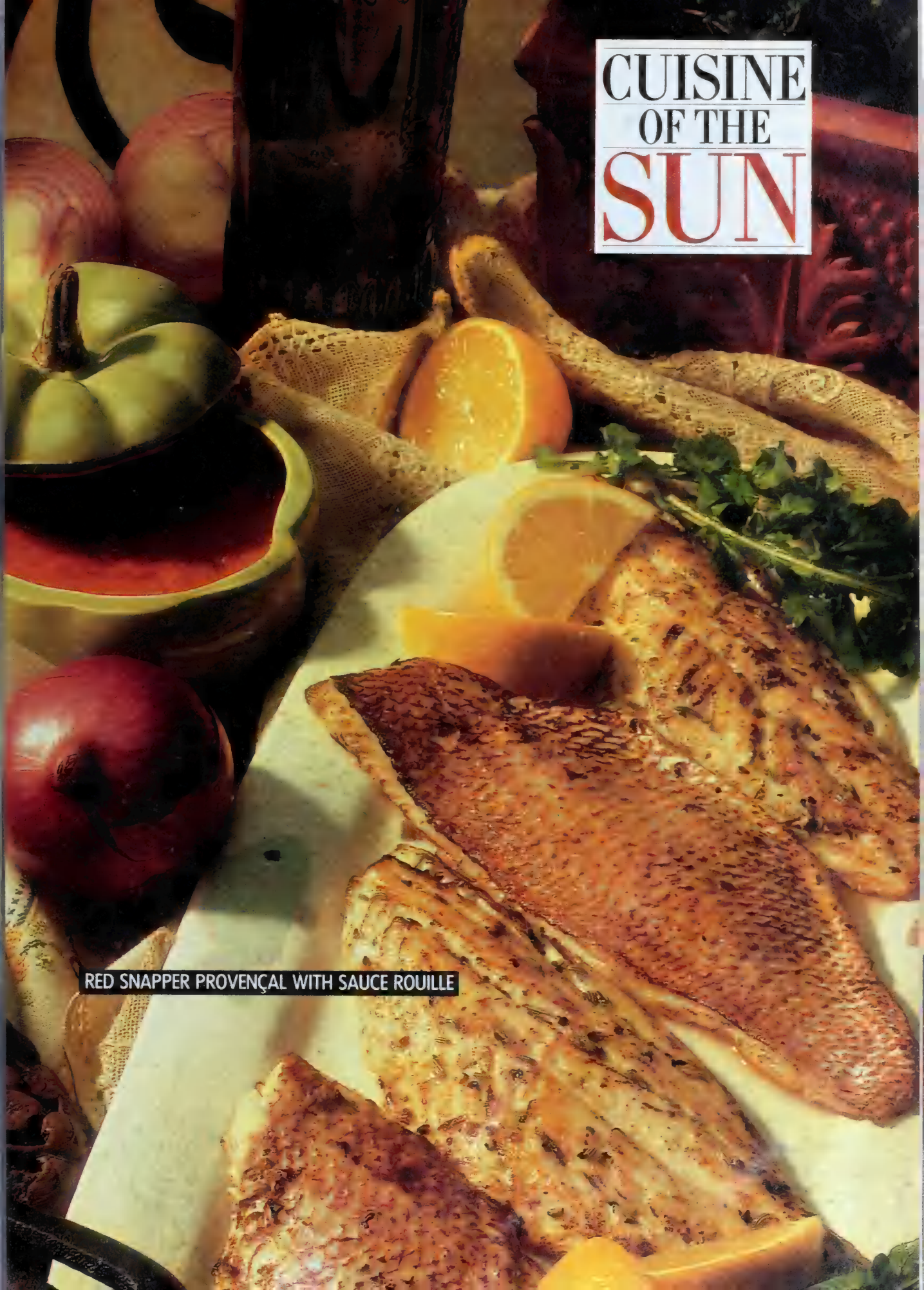
FROM THE BOUNTEOUS, SUN-DRENCHED SHORES OF THE MEDITERRANEAN, WE'VE COLLECTED A SUMPTUOUS SUMMER FEAST. DRIZZLED WITH OLIVE OIL AND REDOLENT OF HERBS AND SPICES FROM SOUTHERN SPAIN,

CUISINE OF THE SUN

FRANCE AND ITALY TO THE DREAMY GREEK ISLES, THIS LUSTY, FULL-FLAVORED FARE WON'T WILT IN THE HEAT. IN FACT, THESE ELEGANT BUT GLORIOUSLY SIMPLE DISHES ARE GUARANTEED TO BECOME FAMILY FAVORITES IN YOUR SUMMER KITCHEN. BY JAN TURNER HAZARD, FOOD EDITOR

From left: Paella Salad, Sun-Split Grilled Chicken, Greek Grilled Zucchini with Feta


SICILIAN RIGATONI WITH SWORDFISH
BASIL–RED PEPPER FRITTATA


CUISINE
OF THE
SUN
RED SNAPPER PROVENÇAL WITH SAUCE ROUILLE

CUISINE OF THE SUN
continued

Easy · Moderate · Challenging · Microwave

MIDDLE-EASTERN CUCUMBER-BEAN SALAD



A wonderul summer side dish that features an Israeli favorite, chick-peas, and cumin (a standard in Morocco).

Total prep time: 30 minutes

Dressing
- 2 teaspoons cumin seeds
- 1 tablespoon fresh lemon juice
- ½ teaspoon *each* salt and pepper
- ¼ teaspoon minced garlic
- Pinch ground red pepper
- 3 tablespoons extra-virgin olive oil

- 1 can (19 oz.) chick-peas (garbanzo beans), drained and rinsed
- 1 medium cucumber, peeled, seeded and diced
- ¾ cup chopped celery
- 1 avocado, diced
- ¼ cup chopped green onions
- ¼ cup chopped walnuts, toasted

Dressing: Toast cumin seeds in skillet until fragrant and golden, 1 to 2 minutes. Grind in mortar or with flat side of knife. Transfer to bowl and whisk in lemon juice, salt, pepper, garlic and red pepper. Gradually whisk in oil.

Add chick-peas, cucumber, celery, avocado and onions to dressing; toss. Top with walnuts. Makes 6 servings.

Nutrition info per serving: 265 calories, 6 gm protein, 16 gm fat, 26 gm carbohydrates, 471 mg sodium, 0 mg cholesterol.

TRIO OF GRILLED BREADS



In Italy, grilled bread with a topping is called bruschetta. Our toppings are tops!

Total prep time: 10 minutes

- 1 round peasant bread or long Italian loaf (16 oz.), cut into 16 slices ¾-inch thick
- 3 tablespoons extra-virgin olive oil
- 1 teaspoon minced garlic

Prepare grill or preheat broiler. Gri or toast bread 1 to 2 minutes. Brus with oil and garlic, or serve with one the toppings (recipes follow). Makes 1 slices.

Nutrition info per serving: With oil and garlic, 12 calories, 3 gm protein, 5 gm fat, 16 gm carboh drates, 166 mg sodium, 0 mg cholesterol.

Gazpacho Topping

Total prep time: 20 minutes

- 1 pound plum tomatoes, diced fine
- ¼ cup finely diced green pepper
- ¼ cup finely diced cucumber
- ¼ cup chopped green onions
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon red wine vinegar
- ½ teaspoon minced garlic
- ¼ teaspoon red pepper sauce
- ¼ teaspoon salt
- Pinch freshly ground pepper

Combine all ingredients in bow Makes 2½ cups. Spoon about 3 tabl spoons on each toast slice.

Nutrition info per serving: With 3 tablespoons to ping, 135 calories, 3 gm protein, 6 gm fat, 18 g carbohydrates, 213 mg sodium, 0 mg cholesterol.

Tapenade and Yellow Peppers

Prep time: 20 minutes



king time: 25 minutes

ellow peppers

enade
1 cup Niçoise olives, pitted
4 anchovy fillets
2 tablespoons extra-virgin olive oil
1 tablespoon capers
1 tablespoon fresh lemon juice
½ teaspoon minced garlic
¼ teaspoon freshly ground pepper

pped fresh parsley
heat broiler. Broil peppers 3 inches
n heat source 20 minutes, turning
ry 5 minutes, until evenly charred.
ver and cool 10 minutes; remove
n, membranes and seeds. Cut into
ps.
penade: Combine all ingredients in
l processor and puree until smooth.
kes ¾ cup.
pread thin layer of tapenade on
h toast slice. Top with yellow-
per strips; sprinkle with parsley.
ition info per serving: With 2 teaspoons topping,
calories, 3 gm protein, 8 gm fat, 17 gm carbohy-
s, 267 mg sodium, 0 mg cholesterol.

hovy Butter and Grilled Red Onion

l prep time: 20 minutes ○

nedium red onions, sliced ½-inch thick
easpoons olive oil

Anchovy Butter
½ cup butter, softened
1 can (2 oz.) anchovy fillets, chopped fine
1 tablespoon fresh lemon juice
Pinch freshly ground pepper

Chopped fresh parsley
Prepare grill or preheat broiler. Toss onions with oil and grill 5 minutes per side or until tender; separate into rings.
Anchovy Butter: Stir all ingredients together in bowl to blend. Makes ⅔ cup.
Spread anchovy butter on each toast slice. Top with onion and parsley.
Nutrition info per serving: With 1 teaspoon topping, 155 calories, 3 gm protein, 8 gm fat, 17 gm carbohydrates, 250 mg sodium, 9 mg cholesterol.

PAELLA SALAD

pictured on pages 126 and 127
This low-cal winner makes the most of fresh shellfish.
Prep time: 45 minutes ○
Cooking time: 35 to 40 minutes

Lemon Vinaigrette
⅓ cup fresh lemon juice
1 tablespoon Dijon mustard
2 teaspoons minced garlic
2 teaspoons grated lemon peel
½ teaspoon salt
⅛ teaspoon ground red pepper
⅓ cup olive oil
24 mussels, cleaned
1 cup dry white wine
1 pound large shrimp, peeled and deveined
½ pound bay scallops
⅛ teaspoon saffron (optional)
1 tablespoon olive oil
½ cup minced onion
1 teaspoon minced garlic
1½ cups long-grain rice
1 teaspoon salt
¼ teaspoon freshly ground pepper
¾ cup thinly sliced green onions
¾ cup frozen peas, thawed
½ cup julienned roasted red pepper

Lemon Vinaigrette: Whisk first 6 ingredients in large bowl. Whisk in oil.
Combine mussels and wine in large saucepot; bring to boil over high heat. Cover and steam until shells are opened, 3 to 4 minutes. Discard any unopened shells. Reserve 8 mussels. Remove remaining mussels from shells and toss with vinaigrette. Strain cooking liquid through fine mesh sieve. Add enough water to equal 4 cups and return to pot. Bring to boil; add shrimp and cook until opaque, 1 to 2 minutes. Transfer shrimp with slotted spoon to vinaigrette. Add scallops to cooking liquid; cook until opaque, 1 minute. Add scallops to vinaigrette and toss well. Cover and refrigerate.
Heat cooking liquid over high heat until reduced *(continued on page 136)*



General Foods, Inc.

There goes that bootie again!

Playing Footsie

An adorable porcelain collector doll capturing the playful innocence of a baby.



Quick…come and see what the baby's doing! Watch the sweet little face beam with excitement and delight, as baby pulls its bootie off and wiggles its tiny pink toes! It's an enchanting sight proud parents will cherish forever.

Now, this moment of playful innocence has been captured in a precious new porcelain doll—*Playing Footsie.*

An extraordinarily lifelike baby doll.

Superbly sculpted in a remarkably lifelike pose, the baby actually seems to be captured in motion. Just look at that exuberant expression, those chubby legs and the dimpled hand tugging at the bootie! The baby's head and limbs are crafted from fine bisque porcelain to reflect every adorable detail. Its precious features are painted entirely by hand. Notice the radiant complexion and rosy knees. Even the baby's eyebrows are delicately colored to match its wispy blond hair. From head to toe, *Playing Footsie* is a ra collecting treasure!

Meticulously dressed and diapered.

Playing Footsie comes dressed in a fine hand-tailore piece outfit. The jacket is lavishly trimmed with lace accented with dainty bows of green satin ribbon. The charming pants are adorned with a wide lace ruffle. U neath, the baby wears a delicate white camisole and cloth diaper fastened with real safety pins! Completin outfit are those adorable knitted booties, adorned wi satin ribbons.

Charming accessories complete the endearing sc

Playing Footsie comes with its own quilted blanket, bo with eyelet lace and decorated at each corner with da hand-stitched roses. A miniature baby bottle is inclu too—all at no additional charge.



the Danbury Mint
47 Richards Avenue · Norwalk, Conn. 06857

© 1989 MBI

Doll shown actual size.

Surprisingly affordable; satisfaction guaranteed.

Footsie is offered at the remarkable
ust $79.50, payable in three monthly
nts of $26.50 which you may charge
lasterCard or VISA, if you prefer. Avail-
usively from the Danbury Mint, your
ides all accessories as shown, plus a
umbered Certificate of Ownership. If
ot delighted, you may return your doll
) days of receipt for replacement or a
d.

yful innocence of *Playing Footsie* will
our family and friends for many years to
reserve your doll, please complete and
e Reservation Application today!

RESERVATION APPLICATION

The Danbury Mint
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Norwalk, Conn. 06857

Playing Footsie

Please return promptly.

Please accept my reservation for *Playing Footsie*, a hand-painted baby doll with head, arms and legs of bisque porcelain. The quilt and baby bottle will be included at no additional cost.

I need send no money now. I will pay for my doll in three monthly installments of $26.50* each, the first to be billed prior to shipment. If not completely satisfied, I may return the doll within 30 days for a replacement or full refund.

*Plus any applicable sales tax and $1.25 shipping and handling.

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(PLEASE PRINT CLEARLY)

Address _____

City _____ State _____ Zip _____

Charge each installment to my: ☐ MasterCard ☐ VISA

Credit Card Number _____ Expiration Date _____

Signature _____

All orders subject to acceptance.
Allow 8 to ■ weeks after initial payment for shipment.

A15



CUISINE OF THE SUN

continued from page 131

to 3 cups. Stir in saffron.

Heat oil in medium saucepan over medium-high heat. Add onion and garlic; cook until onion is translucent. Stir in rice, salt and pepper. Add cooking liquid; bring to boil. Reduce heat, cover and simmer 20 to 25 minutes, until rice is tender. Transfer to shallow pan, fluff with fork and cool. Add to vinaigrette mixture with remaining ingredients; toss. Cover; refrigerate 2 hours or overnight. Garnish with reserved mussels. Makes 8 servings.

Nutrition info per serving: 340 calories, 21 gm protein, 13 gm fat, 35 gm carbohydrates, 670 mg sodium, 86 mg cholesterol.

SUN-SPLIT GRILLED CHICKEN

pictured on pages 126 and 127

Simply delicious. We tuck fresh herbs under the skin for roasted-in flavor.

Prep time: 15 minutes plus marinating
Cooking time: 30 to 40 minutes

Marinade
- ½ cup fresh lemon juice
- 2 tablespoons olive oil
- 8 juniper berries, crushed
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon minced garlic
- ¾ teaspoon *each* salt and pepper

- 12 sage leaves
- 3 whole chickens (2¼ to 2½ lb. each), split
- 2 rosemary sprigs
- Grapes and rosemary sprigs, for garnish

Marinade: Whisk all ingredients together in 13x9-inch dish.

Tuck sage under skin of each chicken. Add chicken and rosemary to marinade; toss to coat. Cover and refrigerate 4 hours or overnight.

Prepare grill or preheat broiler. Remove chicken from marinade; sprinkle with more salt and pepper. Grill 6 inches from heat source 30 to 40 minutes; turn every 10 minutes. Transfer to platter; garnish with grapes and rosemary. Makes 6 servings.

Nutrition info per serving: 595 calories, 65 gm protein, 35 gm fat, 2 gm carbohydrates, 334 mg sodium, 209 mg cholesterol.

GREEK GRILLED ZUCCHINI WITH FETA

pictured on pages 126 and 127

The tangy dressing contains dill and mint, a popular Greek combo.

Prep time: 15 minutes
Cooking time: 2 minutes per batch

Dressing
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons chopped fresh dill
- 2 tablespoons chopped fresh mint
- 1 tablespoon minced shallots
- ¼ teaspoon freshly ground pepper

- 2 pounds zucchini, sliced into spears
- ½ teaspoon salt
- 2 teaspoons extra-virgin olive oil
- ½ cup (2 oz.) crumbled feta cheese
- Dill sprigs, for garnish

Dressing: Whisk all ingredients together in 13x9-inch glass dish.

Prepare grill or preheat broiler and broiler pan. Toss zucchini with salt in large colander; drain 15 minutes. Pat dry with paper towels. Toss with oil.

Grill zucchini in batches 1 minute per side or until tender. Toss with dressing. Arrange slices decoratively on serving platter; drizzle with remaining dressing. Sprinkle with feta. Garnish with dill. Makes 6 servings.

Nutrition info per serving: 120 calories, 3 gm protein, 11 gm fat, 5 gm carbohydrates, 201 mg sodium, 8 mg cholesterol.

SICILIAN RIGATONI WITH SWORDFISH

pictured on pages 128 and 129

Fresh mint and tomatoes are hallmarks of Sicilian cooking—perfect to dress up pasta and swordfish.

Prep time: 15 minutes plus standing
Cooking time: 10 to 15 minutes

- 4 plum tomatoes, diced in ¼-inch pieces
- ½ cup chopped fresh mint
- 5 tablespoons extra-virgin olive oil
- 1 teaspoon minced garlic
- ½ teaspoon *each* salt and pepper
- 1 swordfish steak (1 lb.), ¾ inch thick, skin

ound rigatoni, cooked

ıbine tomatoes, mint, oil, garlic, and pepper in serving bowl. Let ıd at room temperature 1 hour.

repare and oil grill or preheat ler. Sprinkle fish with salt and per. Grill 3 inches from heat source 4 minutes per side for medium-. Cut into 1-inch cubes; toss im-iately with tomato mixture and rigatoni. Makes 6 servings.

ion info per serving: 470 calories, 23 gm n, 16 gm fat, 59 gm carbohydrates, 252 mg n, 26 mg cholesterol.

L-RED PEPPER FRITTATA

ıred on pages 128 and 129

s thick peasant-style omelet is d a tortilla in Spain, where it's ed as a snack in tapas bars.

time: 30 minutes
ng time: 25 to 30 minutes

up olive oil
up thinly sliced onions
ound potatoes, diced
ed peppers, julienned
easpoons salt, divided
easpoon minced garlic
ozen large eggs
easpoon freshly ground pepper
up julienned basil

eat oven to 325°F. Heat oil in 10-cast-iron skillet over medium-high heat. Add onions and cook until translucent, 5 minutes. Stir in potatoes, peppers and ½ teaspoon salt. Cover and cook, stirring occasionally, until potatoes are tender, 20 minutes. Stir in garlic and cook 1 minute more. Remove from heat. Whisk eggs, pepper, basil and remaining 1 teaspoon salt in large bowl. Pour into skillet and bake 25 to 30 minutes, until set. Cool on wire rack 1 hour, then loosen edge of frittata with knife and invert first onto cookie sheet and again onto serving plate. Makes 6 servings.

Nutrition info per serving: 345 calories, 16 gm protein, 20 gm fat, 27 gm carbohydrates, 686 mg sodium, 425 mg cholesterol.

RED SNAPPER PROVENÇAL WITH ROUILLE

pictured on pages 128 and 129

If you broil the snapper, use the lesser amount of fennel—broiling can intensify its flavor.

Prep time: 35 minutes
Cooking time: 10 to 12 minutes

4 red snapper fillets (7 oz. each)
1 to 2 teaspoons fennel seeds, crushed
½ teaspoon *each* salt and ground pepper

Rouille

1 large red pepper
¼ cup boiling water
¼ teaspoon red pepper flakes
1 slice firm white bread, cubed
¼ teaspoon salt
¼ teaspoon freshly ground pepper
2 tablespoons extra-virgin olive oil
½ teaspoon minced garlic
1 tablespoon extra-virgin olive oil

Arrange fish, skin side down, on plate. Combine fennel, salt and pepper. Rub on fish; refrigerate 30 minutes.

Rouille: Meanwhile, prepare and oil grill or preheat broiler. Grill red pepper 3 inches from heat source 20 minutes, turning every 5 minutes, until charred. Cover and cool 10 minutes; remove skin, membrane and seeds.

Meanwhile, combine boiling water and red pepper flakes in bowl. Add bread and soak until bread is softened and cooled, 10 minutes. Puree roasted pepper, soaked bread, salt and pepper in blender. With machine on, add oil in thin, steady stream until mixture is smooth. Stir in garlic. Makes ¾ cup.

Drizzle oil on snapper. Grill 3 inches from heat source 5 to 6 minutes per side, until just opaque. Serve with rouille. Makes 4 servings.

Nutrition info per serving: With 2 tablespoons sauce, 320 calories, 42 gm protein, 14 gm fat, 6 gm carbohydrates, 573 mg sodium, 74 mg cholesterol. ■

Recipes developed by Carol Prager and Lisa Brainerd.

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A trio of happy endings, clockwise from top: tantalizing Plum-Ginger Tart, Peach Tarte Tatin and Summer Berry Tart



PERFECT SUMMER DESSERTS

JUICY, BURSTING-WITH-FLAVOR FRUITS—GOLDEN PEACHES, ROSY BERRIES AND LUSCIOUS PLUMS—ARE THE SUPERSTARS OF THESE SENSATIONAL TARTS. AND MAKING THE PASTRY IS NOT A BIG PRODUCTION WITH OUR BASIC RECIPE AND EASY HOW-TO TIPS. SERVE THEM UP—EACH ONE WILL INSPIRE A STANDING OVATION!

Easy · Moderate · Challenging · (M) Microwave



A Weighting down the pastry with dried beans or pie weights prevents the sides from slipping and the bottom from puffing.



B Freezing rolled-out pastry keeps it from getting soggy when placed over hot filling. Do not seal pastry to edge of pan; leave space for steam to vent.



C Cut ½-inch border inside each square, leaving 2 opposite corners uncut. Lightly brush water over the ½-inch area just inside cut areas. Lift up 1 cut corner and fold it over to the opposite side, gently pressing it over the moistened pastry. Repeat with opposite cut corner. Strips will form a raised border; uncut corners will twist decoratively.

BASIC TART PASTRY

Why is this pastry so perfect for all our tarts? The key is butter—it makes the pastry flavorful, tender and flaky.

Prep time: 15 minutes plus chilling

Combine 1½ cups flour, 2 teaspoons sugar and ½ teaspoon salt in medium bowl. With pastry blender, cut in ½ cup cold butter, cut up, until mixture resembles coarse crumbs. Sprinkle on 4 to 5 tablespoons water 1 tablespoon at a time, tossing with fork until pastry is just moist enough to hold together. Divide in half and shape into 2 thick disks. Wrap and refrigerate 1 hour or overnight. *(Can be made ahead. Freeze up to 1 month.)*

SUMMER BERRY TART

Substitute any berry you like for the raspberries. Tip: Bake the pastry shell up to one month ahead and freeze it, unfilled; crisp in a 350°F. oven for 10 minutes before filling.

Prep time: 30 to 40 minutes plus freezing ◒
Baking time: 22 minutes

- ½ recipe Basic Tart Pastry
- 1 cup mascarpone cheese or 1 package (8 oz.) cream cheese, softened
- 3 tablespoons confectioners' sugar
- ¼ teaspoon grated lemon peel
- ¼ teaspoon vanilla extract
- 1 pint raspberries
- 2 tablespoons red currant jelly, melted

Preheat oven to 425°F. Roll pastry on floured surface into 18x7-inch rectangle. Fit pastry into 14x4⅜-inch tart pan with removable bottom. Trim excess pastry; use strips to reinforce sides. Prick bottom with fork. Freeze 30 minutes. Cover pastry with foil and fill with dried beans as in photo **A**. Bake 10 minutes. Remove foil and beans. Continue baking 12 minutes more or until crust is golden. Cool on wire rack; remove tart pan.

Beat mascarpone, sugar, lemon peel and vanilla in bowl until smooth. Spread evenly in tart shell. Decorate top with fruit. Brush with melted currant jelly. Makes 6 servings.

Nutrition info per serving: 310 calories, 5 gm protein, 21 gm fat, 27 gm carbohydrates, 281 mg sodium, 62 mg cholesterol.

PEACH TARTE TATIN

A delicious variation of the classic Apple Tarte Tatin.

Prep time: 30 minutes plus standing and freezing ◒
Baking time: 25 minutes

- ½ recipe Basic Tart Pastry
- 3 tablespoons softened butter
- 5 tablespoons sugar
- 2 pounds ripe peaches, peeled and quartered

Roll pastry on floured surface into an 11-inch circle. Set on cookie sh lined with wax paper. Fold back ed to make 10-inch circle. Freeze 1 ho

Preheat oven to 425°F. Butter b tom and sides of 10-inch cast-iron sk let. Sprinkle with sugar. Arrar peaches, pitted side up, in 2 tight c centric circles in skillet. Cook over m dium-high heat, shaking and swirli skillet, until sugar is caramelized a golden, 10 to 12 minutes.

Place a cookie sheet on center ov rack. Invert frozen crust over fruit in photo **B** and remove wax pap Bake on cookie sheet 45 minutes until crust is well browned.

Remove skillet from oven. Let sta 15 minutes, then invert onto servi dish with rim. Serve warm or at ro temperature. Makes 8 servings.

Nutrition info per serving: 200 calories, 2 gm p tein, 10 gm fat, 27 gm carbohydrates, 170 mg s um, 27 mg cholesterol.

PLUM-GINGER TARTS

Select plums carefully for these elegc French-inspired treats—Italian prune plums are too small.

Prep time: 1 hour plus chilling
Baking time: 20 to 25 minutes

- 1 recipe Basic Tart Pastry
- 4 large ripe plums, halved and pitted
- Sugar
- ⅓ cup apricot preserves
- ½ teaspoon grated fresh ginger
- Confectioners' sugar
- Sweetened whipped cream (optional)

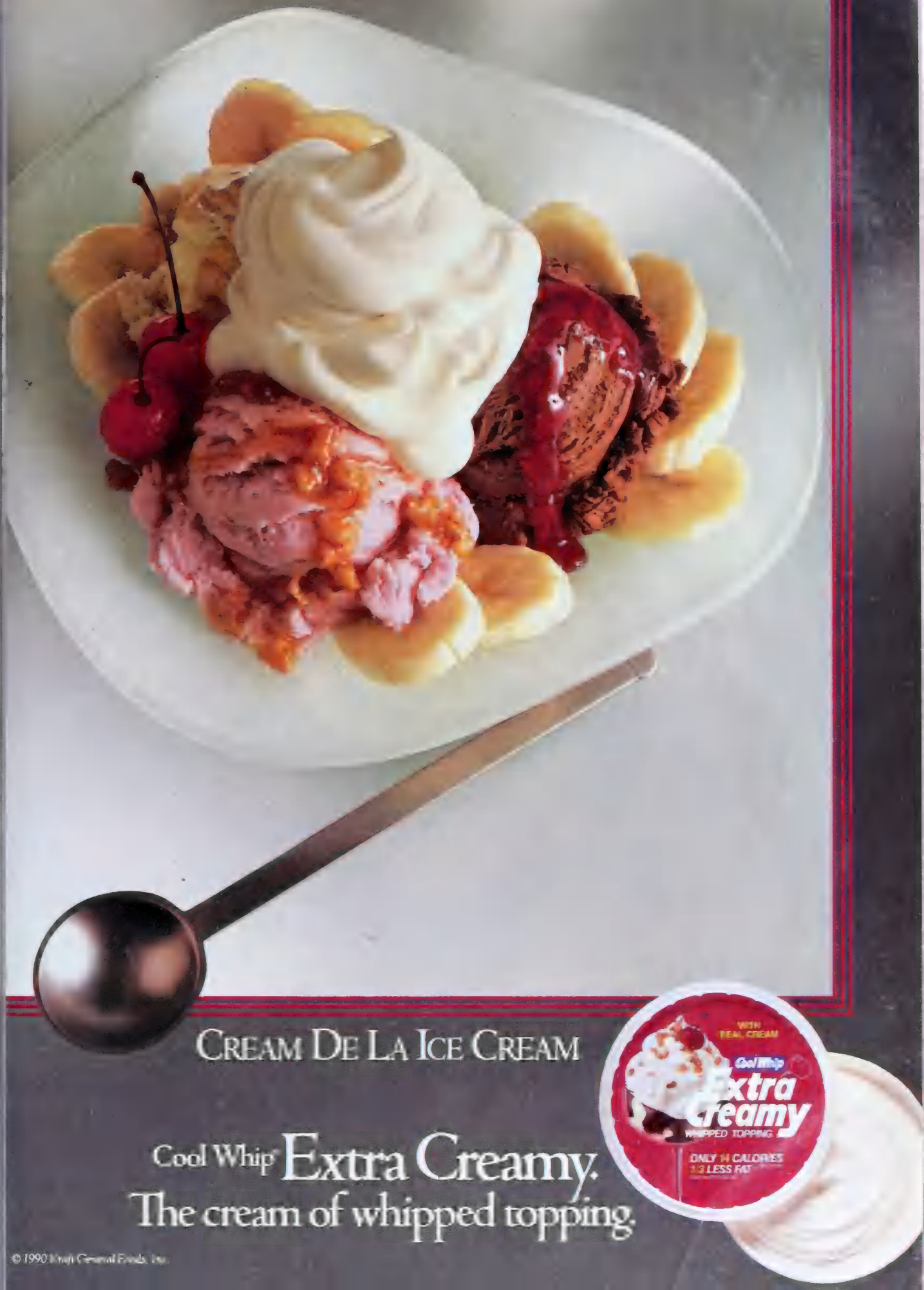
Roll pastry on floured surface into 1 inch square. Trim pastry to 10-in square. Cut into quarters to make fo 5-inch squares. Transfer squares to cookie sheet and repeat process wi remaining pastry. Refrigerate 15 mi utes. Form tart shells as in photo Freeze 30 minutes.

Preheat oven to 425°F. Arran plums cut side down on work surfa Keeping halves together to mainta shape, cut into ¼-inch-thick slice Transfer pastry squares to cook sheet. Place 1 sliced plum half in ce ter of each pastry square and pre down gently to fan fruit. Sprink about 1 teaspoon sugar over top each tart. Bake 20 to 25 minutes, un fruit is bubbly and pastry is golde Cool tarts completely on wire rac

Combine apricot preserves a ginger in 1-cup glass measure. Micr wave on High 45 seconds or until me ed. Strain through fine sieve. Bru generously over tarts. Sprinkle wi confectioners' sugar; serve wi whipped cream. Makes 8 tarts.

Nutrition info per tart: 250 calories, 3 gm prote 12 gm fat, 34 gm carbohydrates, 256 mg sodium, mg cholesterol.

Recipes developed by Carol Prager.



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Mom's assistant welcoming committee.

Quick-As-An-Elf Key Lime Pie.

- 1 (6 oz.) Keebler® Ready-Crust® Graham Cracker Pie Crust
- 3 eggs, separated
- 1 can (14 oz.) sweetened condensed milk
- 1 tsp. grated lime peel
- 1/3 cup lime juice
- whipped topping (garnish)
- few drops green food coloring (optional)

In large bowl, beat egg whites until stiff peaks form; set aside. In small bowl, beat egg yolks. Mix in sweetened condensed milk. Gradually add lime peel and juice. Stir to combine well. Fold mixture into egg whites; add food coloring. Pour into crust. Freeze 3 hours. Let stand 15 minutes at room temperature before serving. Serve with whipped topping.



Photos, Mark Thomas; prop stylist, Linda Cheverton; food stylist, Polly Talbott; painted backgrounds, Wendy Umanoff.

NO-COOK SUPPERS

WE KNOW WHAT THOSE DOG DAYS OF AUGUST ARE LIKE—JUST TOO HOT TO FUSS WITH BIG-DEAL MEALS. THE BEST SOLUTION? COOL, HEALTHFUL, EASY-DOES-IT DINNERS



SOUTHWEST HAM SUCCOTASH

Our gutsy version of this classic uses black beans instead of limas, and jicama for extra crunch.

Total prep time: 25 minutes

- *3 tablespoons fresh lime juice*
- *1 tablespoon Dijon mustard*
- *1 tablespoon minced jalapeño chili*
- *½ teaspoon cumin*
- *½ teaspoon freshly ground pepper*
- *⅓ cup olive oil*
- *2 cans (15 oz. each) black beans, drained and rinsed*
- *1 thick slice ham (¾ lb.), diced*
- *1 package (10 oz.) frozen whole-kernel corn, thawed*
- *1 cup diced jicama or celery*
- *¼ cup minced red onion*
- *¼ cup chopped fresh cilantro*
- *Romaine lettuce and cherry tomatoes, for garnish*

Whisk lime juice, mustard, jalapeño, cumin and pepper together in large bowl. Gradually whisk in oil. Add remaining ingredients except garnishes, and toss well. Arrange on platter with lettuce and tomato. Makes 6 servings.

Nutrition info per serving: 395 calories, 20 gm protein, 19 gm fat, 39 gm carbohydrates, 1,370 mg sodium, 32 mg cholesterol.

JAPANESE ROAST BEEF AND SPINACH SALAD

The key ingredient in this tangy entrée is dark Oriental sesame oil. A little bit packs a lot of flavor.

Total prep time: 40 minutes

Dressing

- *2 tablespoons red wine vinegar*
- *1 tablespoon Dijon mustard*
- *1 tablespoon soy sauce*
- *2 teaspoons grated fresh ginger*
- *½ teaspoon freshly ground pepper*
- *¼ cup olive oil*

(continued)

Dipping Sauce
2 tablespoons water
1 teaspoon grated fresh ginger
1 teaspoon soy sauce
¼ teaspoon Oriental sesame oil

12 ounces thinly sliced rare roast beef
10 cups torn spinach leaves, washed
½ pound mushrooms, sliced
1 red pepper, julienned
1 bunch green onions, julienned

Dressing: Whisk first 5 ingredients together in small bowl. Gradually whisk in oil.

Dipping Sauce: Stir ingredients together in bowl.

Roll up each roast-beef slice around red-pepper and green-onion strips. Toss spinach and mushrooms with dressing in large bowl. Arrange roast beef, salad and bowl of dipping



sauce on large platter. Drizzle beef with 2 teaspoons dipping sauce. Makes 4 servings.

Nutrition info per serving: 350 calories, 30 gm protein, 21 gm fat, 10 gm carbohydrates, 625 mg sodium, 69 mg cholesterol.

MEXICAN COBB SALAD

The Cobb salad was created in the thirties by Robert Cobb, owner of the Little Hat Derby, which became the legendary Hollywood eatery the Brown Derby. Our revival tosses in a few south-of-the-border ingredients.

Total prep time: 1 hour ○

Dressing
⅔ cup sour cream
1 can (4 oz.) chopped green chilies, undrained
¼ cup chopped fresh cilantro
2 tablespoons fresh lime juice
½ teaspoon freshly ground pepper
½ teaspoon red pepper sauce
¼ teaspoon salt

6 cups shredded romaine lettuce
1 can (15 or 19 oz.) red kidney beans, drained and rinsed
1 cup shredded Monterey jack cheese
2 large tomatoes, diced
1½ cups (8 oz.) diced cooked chicken
1 avocado, diced
¼ cup minced red onion
1½ cups diced jicama or celery
6 slices bacon, cooked and crumbled

Dressing: Stir all ingredients until blended.

Layer the lettuce, beans, cheese and half the tomatoes in a large glass bowl. Add the chicken, avocado, onion, jicama, remaining tomatoes and the bacon in rows. Toss with dressing



and serve immediately. Makes 6 servings.

Nutrition info per serving: 380 calories, 23 gm protein, 23 gm fat, 23 gm carbohydrates, 659 mg sodium, 67 mg cholesterol.

SPICY SHRIMP DINNER

This savory dish is one of our favorite late-night suppers. Tip: Add shrimp at the last minute so their liquid doesn't dilute the dressing.

Prep time: 45 minutes plus standing ○

¼ cup sour cream
¼ cup chili sauce

(continued)

Big Rewards



With Easy Cream Cheese Clouds.



EASY CREAM CHEESE CLOUDS *(Makes 10)*

- 1 8 oz. pkg. cream cheese, softened
- ½ c. powdered sugar
- ¼ tsp. vanilla extract
- 1 c. heavy cream
- 1 can cherry pie filling
- chopped nuts (optional)

Mix cream cheese, sugar and vanilla at medium speed on electric mixer. Gradually add heavy cream; mix well. Whip until thickened. ◊ Using the back of a spoon, shape into ten 3½" shells. Place on waxed paper-lined cookie sheet. ◊ Freeze two hours or overnight.

When ready to serve, fill with cherry pie filling. ◊ Sprinkle chopped nuts on top if desired.

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Cholesterol	10 mg.	15 mg.
Fat	2 g.	6 g.
Sodium	280 mg.	320 mg.

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recipe index

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. Advertisers' recipes appear in boldface. Recipes marked with an asterisk include microwave instructions.

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On the wing

Chef Jim Hastings offered us the recipe for his Wine Country Wings to serve eight. Baked with rosemary and served with a blue-cheese dipping sauce, they're the perfect appetizer for your next party.

Preheat oven to 475°F. Combine 1 bottle (3 oz.) Louisiana hot sauce, 1½ teaspoons pressed garlic, 1 teaspoon dried thyme, 1½ teaspoons dried rosemary, crushed, and ¼ teaspoon *each* salt and freshly ground pepper in medium bowl. Add 2½ pounds chicken wings, cut at the joints (discard wing tips). Toss to coat evenly.

Heat 2 teaspoons vegetable oil in roasting pan in oven 5 minutes. Add chicken and bake 40 minutes, turning wings after 20 minutes. ***Blue-Cheese Dipping Sauce:*** Meanwhile, process ½ cup (3 oz.) blue cheese, ½ cup sour cream, 4½ teaspoons chopped fresh dill and ¼ teaspoon freshly ground pepper in food processor until smooth.

Serve chicken wings with Blue-Cheese Dipping Sauce and celery sticks. Makes 8 servings.

INSIDE THE JOURNAL KITCHEN

You asked for it

Dear LHJ:
Last winter, when we stopped at the Sonoma Hotel, they were serving the most scrumptious chicken wings I have ever tasted. My husband can't stop talking about them. I would love to prepare them at home--with your help.

Paula Jo Dorrity
San Francisco, CA

EADERS' OURNAL

IMITMENT CONTROVERSY

writing in regard to your article "Mom, se get me out!" [May]. Five years ago, n I was nineteen, I had a temper control lem and would lash out at people I loved get into arguments at work. My parents e against hospitalization, and I found help a psychologist.

ds need guidance, love and reassurance life isn't as bad as it seems at that mo-. Parents should try to assert themselves a more instead of looking for someone else ndle their problems.

—Peter J. Lussier, Naugatuck, CT

have done a great service to the public in shing "Mom, please get me out!" Parents oubled teens need to be aware that alterna- programs do exist. As good consumers, nts in need of psychiatric services for their ren must explore the resources in their hunity and consult with their insurance pany. The best place for a teen in crisis is most often not an inpatient psychiatric unit.

—Linda Stokes, R.N., B.S.N., psychiatric case manager, ConnectiCare, Inc., Farmington, CT

Editor's note: ConnectiCare, Inc., is a health maintenance organization and medical insurance company.

I was both surprised and dismayed by "Mom, please get me out!" The article quotes me accurately and in many ways is good, but it fails to stress the positive side of hospitalization, especially the need in a population of adolescents where there is an increasing amount of serious disturbance. I agree that unnecessary hospitalization is reprehensible, damaging and stigmatizing. But to imply that it is the universal is outrageous and will lead to tremendous harm. **—Paul Jay Fink, M.D., Albert Einstein Medical Center, Philadelphia**

Editor's note: We have received numerous letters, many from representatives of psychiatric institutions, expressing concern that our story was unfair and biased against psychiatric hospitalization. More than a year of reporting by two experienced journalists went into this story. Our intention was not to castigate hospitals in general—just those that manipulate the fears of parents to increase their own profits. We set out to perform a service, to warn parents that this is a very serious decision, and to help them make it in an informed manner. We do note that many hospitals give effective, humane care.

Good hospitals will not be hurt by our article, nor do we think it will prevent kids who need help from obtaining it. If it keeps even one child from being wrongly incarcerated, we will feel our efforts were worthwhile.

RECYCLING IDEA

The article "The state of the earth" [April] suggests that consumers use only natural products instead of plastic. I agree, but it's not always possible to do so, and I have an idea to share. I use plastic milk jugs to irrigate my garden. Punch holes in the bottom and sides and bury the jugs with the tops exposed. Then just water through the top.

—Helen J. Bickert, Winchester, VA

We'd love to hear what you're doing to help keep our environment safe. Send your tips to Box E.W., Ladies' Home Journal, 100 Park Avenue, New York, NY 10017.

Journal Shopping Center

BEAUTY AND FASHION JOURNAL
Page 28 Top middle: sweaters, William Casper. Bottom middle: sweaters, N. Peal.
RED HOT
Page 109 Skirt, Tehen.
FOOD JOURNAL
Page 125 Green platters and bowl, Eigen Arts Inc., Dean & DeLuca, 560 Broadway, NYC 10012. Leaf plates, ABC Carpet & Home, [illegible] Broadway, NYC 10003. Chairs, Distant Origin, 153 Mercer St., NYC 10012.
CUISINE OF THE SUN
Pages 126–127 Wineglasses, Wolfman Gold & Good Co., 116 Greene St., NYC 10012. Chair, Distant Origin.
Pages 128–129 Fish platter and tomato jar, Eigen Arts Inc., Dean & DeLuca.
Page 130 Bowls with olives and gazpacho topping, Eigen Arts Inc., Dean & DeLuca. Glass compote, Avventura, 463 Amsterdam Ave., NYC 10024.
NO-COOK SUPPERS
Page 144 Yellow plate, Eigen Arts Inc., Dean & DeLuca.
Page 146 Green plate, Cyclamen, LS Collection, 765 Madison Ave., NYC 10021.
Page 147 Banana leaf plates, Eigen Arts Inc., Tesoro Collection, Inc., 319 S. Robertson Blvd., Los Angeles, CA 90048



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A Brave and Noble American Heroine



- 3mm 23K gold rim
- Actual size: 8½"
- Limited-edition plate

Sacajawea

(sak-uh-juh-wee-uh)

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There are more statues erected in her honor than to any other woman in American history. Sacajawea was a young Native American woman with a challenging job: raising her son Baptiste while guiding the two-year Lewis and Clark Expedition.

Gentle, serene and knowledgeable, Sacajawea helped lead her party over plains and rivers and through Montana mountain passes. She served as interpreter and resourceful food gatherer, as well as a symbol of the mission's peaceful nature.

Now in tribute to this American heroine, Indian art master David Wright presents "Sacajawea," *his first-ever limited-edition collector plate.* Wright, whose "Sacajawea" print has multiplied nearly five times in value, commands up to $15,000 for his original paintings.

"Sacajawea" premieres the *Noble American Indian Women* Plate Collection. As an owner of "Sacajawea," you will be guaranteed the right—*but never the obligation*—to acquire each plate as introduced. Each will be hand-numbered and accompanied by a Certificate of Authenticity, in an edition limited to a total of 14 firing days. And, The Hamilton Collection *100% Buy-Back Guarantee* assures that you may return any plate within 30 days for a full refund.

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The Hamilton Collection

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continued from page 100

three minutes. Then it was like an explosion when another truck suddenly slammed into us from behind. There were no seat belts on the bus, and I must have been thrown off the couch, because the next thing that I remember is lying on my back on the floor in excruciating pain. I had the strangest taste in my mouth, almost electrical, and I knew instantly I had broken my back. I called out, "What happened?"

Before Emilio could answer, our bus was hurled forward into a third truck. I saw our driver, Bear, reach out for Emilio as the entire front of the bus caved in. The space where Bear's head had been a few seconds earlier was now a gaping hole, and although he was pinned helplessly behind the steering wheel, he was still alive. So much of the bus was gone that it was now snowing inside.

I was afraid to move. I couldn't see Emilio, who had literally been pulled out of his laced tennis shoes by the force of the crash. Slowly, I realized that I was lying on the floor in a pile of debris. Emilio looked down and asked, "Baby, are you all right?"

"I think I broke my back," I said.

Frightened, Emilio insisted that my lower back had just gone out. I've had that happen before. "No, Babe, believe me, it's broken," I said. "Go check the baby." I was lying there for what seemed like forever when I heard Emilio crying. What's happened to Nayib? I thought. If Nayib was badly injured, or worse, my life was over.

A few minutes later, Emilio found Nayib on the floor, covered by shoes, purses, bags and other things that had fallen from the bunks. Nayib was clutching his shoulder. "I think it's broken," he said. I was so glad to see him! With Nayib and Emilio alive, I knew I could manage whatever else might happen.

Yet I couldn't shake the first thought I'd had as I opened my eyes after the crash and felt the pain in my back: My God, it's happened. The thing that I had always feared most.

From the time I was twelve, my father had been an invalid. In the mid-sixties, he went to Vietnam and when he came home he had multiple sclerosis. Until his death in 1980, he was confined first to a wheelchair, then to his bed.

I've always had this gnawing fear. I insisted we install an elevator when we built our home two years ago, even though it is only two stories. Always in the back of my mind I wanted it to be there if I ever needed it. There was always this fear of something happening. Every time I would walk up steps I would take them two at a time, and I would think, Wouldn't it be terrible if I couldn't do this anymore?

I always attributed that fear to having lived through it with my father. The fear of being a burden, of causing pain to my family.

No, no way, I thought. This is not going to happen to me. I won't take it. I won't accept it.

Nayib was sitting on the bus's couch, where I had been only a few minutes earlier, holding my hand. His presence helped me keep control. I *had* to do it for him. As I tried to reassure him that I was all right, I began testing my legs. First, I tried to move my feet. They moved slightly. Then my legs. Again there was some movement. I felt relieved. Even the fact that I was in pain seemed, in an odd way, to be a positive sign. When you're paralyzed you often don't feel anything, I reasoned. I'm not going to be paralyzed.

A minute later a woman came running into the bus. She was a nurse who had been driving on the same road. "Is anyone hurt?" she shouted. "I think I've broken my back," I answered. "Whatever you do, don't move," she ordered.

My pains, however, would not go away. There was the sharp one radiating from my back to my legs, and the skin on my legs was hypersensitive. Just touching it with a sheet gave the strangest sensation. When I heard we were an hour from a hospital and traffic was backed up so badly from the accident that it might take two hours for an ambulance, I couldn't help it—my eyes filled with tears.

Oh, my God, I thought, how am I going to hold on? Wanting to reassure myself that I wasn't paralyzed, I had to fight the urge to move my legs and toes. The pain was like a knife. Then I remembered my Lamaze training. I picked a point on the roof of the bus and tried to concentrate to take the edge off the pain. It helped.

I lay flat on my back, holding Nayib's hand, staring at a point on the ceiling. In the back of my mind I couldn't escape the thought: I don't care about money. I don't care about anything except health. It's the only thing I want. That's why it can't h pen. It's not going to happen.

When the first paramedic fina walked through the door, he asked name. "Gloria," I answered. "Glo Estefan." "Oh, my God, we've got a lebrity here," he called out. I wan something for the pain. But th couldn't give me anything until af the doctors examined me. The p was almost unbearable as I w strapped onto a board and carr through the hole that used to be windshield. I could feel the snow my face and see people looking do at me with fear in their faces.

It was about one-thirty P.M., an ho and a half after the accident, whe finally arrived at the Commun Medical Center Regional Trauma C ter, in Scranton, Pennsylvania. I as for something for the pain, but th were tests that had to come first.

After X-rays and a CAT scan, verdict was just as I had feared: I h broken a vertebra in my mid-back. T terror I had been fighting all afterno started to creep back as I listened the doctors explain my options. Opti

"Lying on the floor in excruciating pain, I had the strangest taste in my mouth, almost electrical, and I knew instantly I had broken my back

number one: I could be put into a bo cast for six months with little hope o full recovery. Option number two: s gery. "How many months in a bo cast?" I asked. "None," they said. B surgery came with its own set of da gers—infection and the possibility permanent paralysis. There was so injury to the spinal nerves, th explained, but until they operat they would not be able to determi how severe.

"We'd better do the surgery," I sa

As I was thinking about what t doctors had told me, Emilio was roll into the room in a wheelchair. He h fainted when the doctors told him had a broken back. He was so worri about Nayib and me that he had r fused to be thoroughly examined, a it wouldn't be until a week later th we would find out he had broken a r and separated his shoulder in the ac dent. I could see the pain in his eye There was some good news, thoug Nayib had only broken his collarbon and while it was painful, he wou only have to wear a sling to hold it place as it healed.

With my tests complete, I was fina ly given morphine for the pain. By th point I had tubes all over my body, case my internal organs shut down reaction to my broken back. Althou the painkiller worked at (continue



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MY MIRACLE
continued

, it never seemed to last until the t dose was scheduled. I began a ible cycle of pain and painkillers. s soon as I decided to have surgery, ilio got on the phone and called ryone we knew who could help us the right surgeon. We chose Dr. hael Neuwirth at the Hospital for t Diseases in New York. It was a icult decision. I didn't want the doc- in Scranton to feel I didn't trust m, but I wanted a surgeon who did operation daily. The next day, I helicoptered to New York City.

he surgery was planned for eight- ty the next morning. As Dr. nwirth explained it, during the op- tion he would insert two 8-inch al rods on either side of my broken tebra. The rods would be attached healthy vertebrae above and below injured area. This would allow m for bone from the broken verte- to move back into place and relieve pressure it was putting on my spi- cord. Then, through the same inci- was a bubble coming out of my mouth with the word pain.

The day after the operation, I tried to raise my head up from the pillow and the road back to recovery began. The day after that, I clutched a nurse who was trying to help me sit up to dangle my legs over the side of the bed. It was an awful feeling. The whole room was spinning and I was nauseated. I had no balance. I was weak. A few days later, when I stood up for the first time, my legs were so shaky I felt like a newborn pony. Before the accident, I'd been in great shape, exercising daily, but when I looked down at my thighs, they already seemed thinner than my calves.

Looking back, one of the oddest sensations was hearing about my ordeal every night on television. I didn't know so many people cared. That first night, I watched as Mary Hart told Arsenio Hall about the accident. Arsenio looked toward the camera and said, "Gloria, I hope you're feeling better." Even President Bush called.

The response from my fans was wonderful. I received four thousand flower pool and do exercises geared toward strengthening my arms and legs. Then Emilio drives me to a therapist who uses massage to speed my recovery. When I ride in the car or walk for any distance, I still have to wear a back brace for support. Yet every day there are new things I can do.

My triumphs all are the littlest things. The day *Ladies' Home Journal* came to take pictures of me, for instance, was the first day I wore high heels since the accident! Being able to wash my face in the sink by bending over. Putting on my shoes or my underwear. I can't yet put my full weight on my left foot; that will be my next achievement.

As good as I look on the outside, it is difficult to tell what is going on inside. Emilio jokingly calls me "Robocop," because of all my high-tech replacement parts. We do want more children, but it would be really bad timing to get pregnant now; it will take at least a year for my back to heal completely.

I was planning to take a year off and try to get pregnant when we finished our tour. Now that's all on hold. And

ly God . . . the thing that I had always feared the most has happened, I thought. No, no way. I won't take it. I won't accept it."

n, bone would be removed from my vis, ground up and inserted along length of the rods. This ground e and fragments of broken verte- e would eventually heal and fuse injured area. Throughout the oper- on, I would be covered with elec- les to monitor the extent of my ve function. If everything went l, I could expect to eventually re- n 95 to 100 percent of my mobility.

Two days after the accident, my fam- followed my bed down the hallway n my hospital room to surgery.

The next thing I remember, every- was calling, "Gloria, Gloria." For a nute I thought I was back at the ammys or the American Music ards and the photographers were ing to get my attention. When I ned my eyes, I was in the recovery m. The doctors were trying to wake to make sure I was coming out of anesthetic. Dr. Neuwirth was say- that the operation was a success. I s going to be fine. Then I saw the ile on Emilio's face and I really ew I was okay. I felt like I had been a train wreck, but compared to the st two days, this pain was bearable. was happy but exhausted. For the st time since the accident I was able sleep. When Nayib came to see me, brought me a crayon drawing he'd ne. I was lying on the bed and there arrangements and more than forty-eight thousand cards. I distributed the flowers to other patients and to the AIDS ward at the local V.A. hospital.

On Wednesday, April 4, Julio Iglesias lent us his private plane for our trip home to Miami. When we reached the airport, there was a crowd of photographers, reporters and—in the distance—about three hundred fans. I wanted to wipe out the vision of me being carried from the bus strapped to a board, so I decided to walk down the steps instead of being lowered to the ground in my wheelchair. I was excited. I was still in a lot of pain, but I was ready to be home.

In the hospital, every day was filled with firsts—the first walk, the first time I climbed a few steps—but being home was very difficult. I couldn't do anything for myself, and I had to depend on Emilio for everything. I felt like a burden. Some days it seemed I was just trudging along and I would never be able to do anything again.

The doctors have predicted a full recovery for me, although they say I can never sky-dive, play football or do back flips. Those aren't high on my list of priorities, however, so I'm not worried!

I have physical therapy three days a week, from eleven A.M. to five P.M. First, a personal trainer helps me work out at home in the swimming by the time I'm healed, I should be back out on the road again. I think as soon as we finish that next tour, we'll take time off to have another child.

Emilio would really love a little girl, but we'd both be happy with a son or a daughter, as long as it was healthy. I want to make sure our baby has every chance. We're both still young enough, and it's nothing that can't wait another year. I'm lucky to be walking; everything else can wait.

Right now my goal is to be back in concert, as good as ever, by January. That is what I'm working toward. I don't plan on this changing my stage routine—I will still, I hope, be able to dance and move spontaneously, as the music inspires me. I will go back on the road again, but from now on, the bus will have restraints and seat belts. I am still terribly nervous in a car. I can't stop looking in the rearview mirror. I keep thinking that when we were hit we were so very vulnerable.

Yet, ironically, I'm more relaxed now. I was always thinking things were going too well. Something was going to happen—and now it has. I figure I'm good for another few years. And after such pain, I'm enjoying every second; every little thing is just that much more fun. When I think of what could have happened, I feel better—and luckier—every day. ■

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eyes. "Johnny was the only one of our children who signed notes that way," she says, a catch in her voice. "We used to tease him and tell him he didn't have to use his last name." The letter carried two postmarks, one from the Midwest and another from the western United States. Is the letter really from Johnny? And if so, which postmark can be believed? The police say they don't know.

The case took another bizarre turn in April of this year, when the body of a young man, about the same age Johnny Gosch would be now and carrying the identification of "John Gosch," was found in Mexico. The dead man, about twenty years old, had been stabbed in Yuma, Arizona, thrown into a river and washed ashore south of the border. Yuma police believed he was the adopted son of a Tacoma, Washington, couple, but Scott wasn't so sure. He asked Yuma police to hold the body while he investigated further.

Because the body had decomposed to the point where fingerprint identification was impossible, Scott requested a comparison of the body's teeth with Johnny's dental X-rays. A laboratory exam concluded that the shape of the teeth and roots were different. This Johnny did not belong to Noreen and John Gosch.

Paradoxically, the Gosches feel almost disappointed that the dead youth was not their son. "We're prepared to live with Johnny's death if we have to," says Noreen, "but it's real tough not to know the answer." Tears overwhelm her, and she stops briefly to regain her composure. "A missing child is a physical pain that just doesn't go away."

Her frustration is echoed by Scott as he points to an overstuffed file cabinet containing all the documents on Johnny's case. "I have volumes of information that says what *didn't* happen," he says quietly, "and not a single piece of paper that proves what *did*."

If you have information about Johnny Gosch, please call the West Des Moines Police Department's Missing Persons Unit, 515-223-3211, or the National Center for Missing and Exploited Children, 800-843-5678.

The case of the Jane Does

In the vast majority of murders it is the name of the killer, not the victim, that eludes police. Sometimes, though, the corpse's identity is a mystery as well. Some of these John and Jane Does are homeless outcasts, but the two teenage girls who were found in a California almond orchard ten years ago were tidy and well groomed. Their clothes were fresh and clean. Their shoulder-length hair was neatly trimmed, and they wore only a touch of makeup.

"I can't imagine a parent not missing them," says Sergeant Garry Davis, the lead investigator for the Kern County Sheriff's Department. Davis has worked on nearly four hundred homicides in the past ten years, but this is easily his most puzzling case—and one of his most tragic. For him, identifying the girls has become a matter of personal as well as professional pride.

"Someday I'll solve it," he says intently. "When you're a detective, it's like a chess game. You want to win."

Davis first saw the girls, whose ages an autopsy determined to be about sixteen and eighteen, on a cool spring afternoon in 1980. As he followed a farm worker who had discovered the bodies into the almond orchard near Bakersfield, the trees formed a th canopy, and only a bit of blue s shone through the opening at the e of the road. The detective felt that was entering another world. Then saw the bodies.

Even for a seasoned homicide inv tigator, the sight was a grisly one. younger girl, bound hand and foot, h been shot in the back of the head. older girl, bleeding from a bul wound in her thigh, had been drag a short distance away and raped. "Y can stand at the crime scene and im ine what happened," says Davis. "T killer said, 'Okay, get dressed.' gave her time to pull up her pan Then he shot her in the face." T detective's voice hardens. "It was horrendously brutal crime. He c tured those girls, he used them, a when he no longer needed them, killed them."

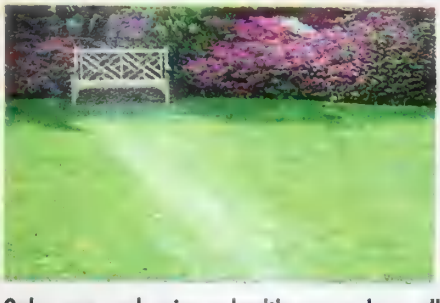
It took Davis a little while to find suspect: Fernando Eros Caro, Jr., a f mer Marine helicopter pilot. A doub slaying three months later in near Fresno proved to have been done w the same type of gun used to kill t unidentified girls. An analysis of he and body hair confirmed the possibi ty that the same man committed bo sets of murders, and a check of Car whereabouts showed he most like was driving through the Bakersfi area on the day of the murders.

After Caro received the death pen ty for the Fresno killings, the Ke County district attorney decided n to press charges in the Bakersfi murders. But Davis is convinced has his man.

Finding the names of the you women is another matter. The seemed to be plenty of clues: sketch of the girls' faces, fingerprints, den information, some (continue

LAWN SEED OFFER

as seen on page 122



Derek Fell

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K11

Move to Malibu

The case of the bogus burglary

"I've been a detective for sixteen years," says Richa Fuqua, forty-seven, of the Phoenix Police Departmer "I've headed nearly three hundred investigations and a sisted with more than five hundred. My success rate eighty-five percent." Yet despite his record, Fuqua ha been stumped for more than two years in his search f the killer of a wealthy Phoenix socialite, the widow cattle baron Ed Tovrea. "In this case," the detective sa with a grimace, "anything's possible."

A burglar alarm alerted police to trouble at the Tovre home, a million-dollar ranch house in the exclusive Li coln Hills enclave. Fuqua arrived shortly after one A.M. April 1, 1988, to find Jeanne Tovrea, fifty-five, lying her bed, four bullets in her skull. A nearby jewelry cab net had been ransacked, and the phone had been jerke out of the wall. As the detective walked through the re of the house, decorated with plush white carpets an white furniture, he was surprised that nothing else ha been disturbed. Valuable paintings from Ed's collection Southwestern art were still hanging on the walls; th safe, which contained nearly a quarter of a million do lars' worth of jewels, was untouched.

"Whoever did this didn't steal any of the stuff burgla usually take," Fuqua says, "just some costume jewelry After he checked with pawnshops to see if anyone ha tried to sell them the jewelry, and with credit-card com panies to see if Jeanne's cards had been used since he death, his hunch was confirmed. Someone had broke into the Tovrea house not for money or jewelry but to ki Jeanne Tovrea. But who, Fuqua asked himself, woul want her removed?

There were few clues. The security guards on duty tha

MYSTERIES
continued

costume jewelry. Most important, the older girl was wearing a class ring from Walnut High School, about 120 miles southeast of Bakersfield. It was engraved with the owner's name: Carolyn Jordan.

A deputy went to the Jordan home to break the news that Carolyn had been dead for several days. Her father was, to say the least, surprised. He had seen his daughter, he said, just a few minutes ago; she had been very much alive. But he was sure she would be glad to get her ring back: It had been stolen two years before, when the Jordans' home had been broken into. The burglar had never been caught.

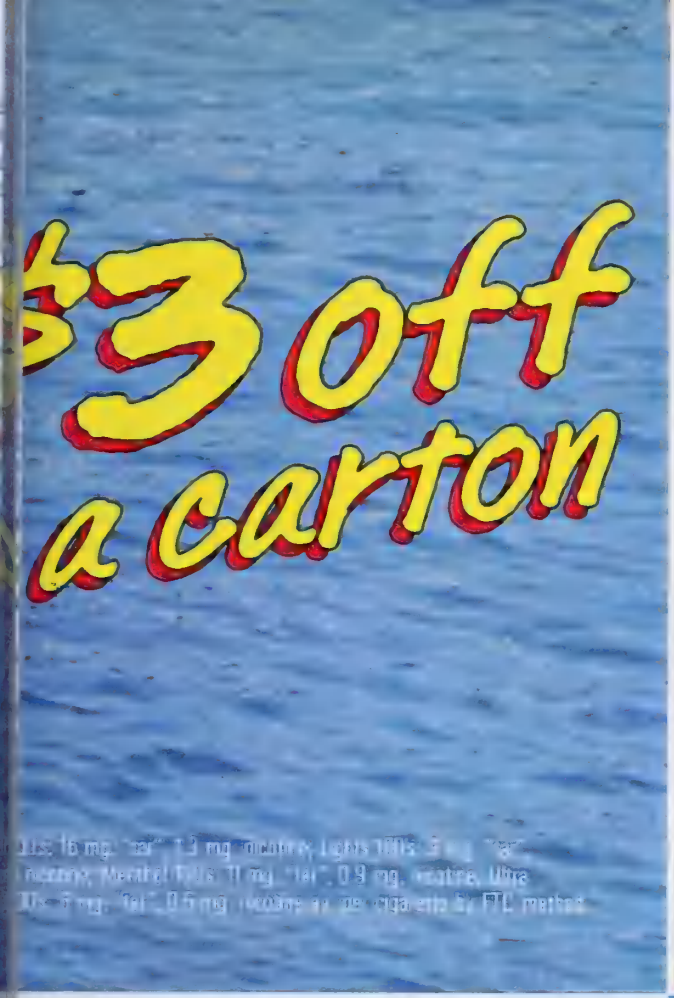
Why would the slain girl wear a ring from Walnut High School? Did she know someone from the school? If not, how did she get the ring? Davis interviewed students, counselors and teachers from Walnut High, and he blanketed southern and central California with fliers. Then he sent hundreds of sketches and notices to law-enforcement agencies throughout the United States and Canada. The questions remain unanswered.

Yet Davis isn't giving up. Although a recent newspaper article on the killings suggested some new leads, nothing panned out. "It took me six months to follow up on everything," he says. He pauses thoughtfully. "I know that officers aren't supposed to get personally involved with their cases," he says, "but this one is different.

"Until I find out their names," he adds, his voice almost breaking, "these girls are really still mine. They have no one else to speak for them."

If you have information about the Bakersfield girls, please call the Kern County Sheriff's Department, 805-861-3110.





ght at the entrance to Lincoln Hills hadn't seen anyone usual; Fuqua believes the killer may have approached target on foot from the surrounding mountains.

The intruder entered the house without setting off the rm, although the sirens went off as he exited the back or. Investigators found scattered fingerprints, but not ough for a computer identification.

With little in the way of physical evidence, Fuqua gan to examine the details of Jeanne's life. A member the country-club and charity-ball circuit, she hardly emed the usual target for a hit man. And although anne was not a blue blood—she had worked as a movie her and a cocktail waitress before marrying Ed Tovrea 1971—she was accepted in the wealthy circles in which r husband moved. "Everybody liked her," Fuqua says. he was warm and friendly, active in charities and fund-sing events. And she was very generous, one of those ople who, if you said you liked her necklace, would take off and give it to you."

But as he probed deeper, Fuqua uncovered an all-too-nmon conflict over money in the Tovrea family. Jeanne d a daughter, Debbie Nolan, now thirty-eight, from a ief early marriage. Ed had also been married before; he d two daughters, ages forty and twenty-eight, and one n, thirty-seven, by his first wife, Priscilla.

Before his death in 1983, Ed wanted to disinherit his ildren because he felt they were worthless, but Jeanne tervened. "They're your children," she was said to have d him. "You can't cut them out entirely."

After talking it over with Jeanne, Ed provided each ild with a lifetime allowance of $1,400 a month and a all settlement when each of them turned forty. The mainder of his fortune, estimated at about $7 million, left to Jeanne.

Shortly after Ed's death, Debbie, who had long been estranged from her mother, reconciled with her. Like her step-siblings, she was given an allowance. Jeanne's will left the entire estate to her daughter. Now Ed's children and Debbie are fighting over the money in court.

Fuqua has questioned all four children. They "talk willingly," he says, "but they don't really say anything." So far, none has agreed to a lie-detector test.

Meanwhile, the detective is looking for a man who calls himself Gordon Phillips, a name Fuqua suspects may be an alias. Phillips had been pestering Jeanne for information about Ed's experiences as a POW in World War II—in order, he said, to write a book about prisoners of war. Jeanne told friends that the man made her uncomfortable but that he was persistent.

At the time of Jeanne Tovrea's death, there was a message from him on her answering machine. "I can't make our meeting," the voice said. "I'm going to California." He hasn't been heard from since.

"Maybe this man is involved, and maybe he isn't," says Fuqua, "but I'd like to question him."

Is he a suspect? "Well, yes and no. Everyone's a suspect till I solve this case." The detective's voice grows determined, and he seems to speak for every investigator who matches wits with an unseen adversary. "And someday, I know I *will* solve this case."

If you have information about the murder of Jeanne Tovrea, please call the Phoenix Police Department, Homicide Division, 602-262-6176. There is a $35,000 reward, posted by Debbie Nolan, for information leading to the arrest of the killer of Jeanne Tovrea. ■

Andrea Gross, a writer based in Cupertino, California, is a contributing editor of Ladies' Home Journal.





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RYAN WHITE

continued from page 103

with a school that wanted to bar him from classes brought a fearsome disease into the light, exploding the myths that AIDS could be transmitted through casual contact and that the only people who suffered from it were gay men and intravenous drug users.

As befits a hero, his funeral was elaborate. The celebrities who had come to know Ryan in his fight were there: Phil Donahue, Michael Jackson, Elton John. Even more moving, however, were the hundreds of ordinary citizens who waited in the rain to pay their respects.

Ryan would have been astonished at the sight, Jeanne says. "He never took his fame seriously. I bet he was looking down and laughing, saying, 'I can't believe all you silly people are getting wet to see *me*.' " For the first time, she smiles faintly.

Reminders of Jeanne's son are everywhere in the house: a painting on a wall, a miniature guardian-angel night-light that she always placed beside Ryan's bed when he was hospitalized. To Jeanne, the mementos are both comforting and heartbreaking. "Everyone is waiting for me to collapse," she says quietly. "I haven't broken down, but little things will get to me four or five times a day. I don't watch television anymore, because that was something Ryan and I liked to do together in the evening."

Nonetheless, the strength Jeanne used to buoy her son during his ordeal is still with her. "You wouldn't believe what a weakling I used to be, I'd cry so easily. Ryan had to spend a lot of time in intensive care, though, and I o got to see him twenty minutes out every hour. I'd be crying in the waiti room, but when my time came to through those swinging doors into intensive-care unit, I'd take a d breath and dry my eyes. I didn't w Ryan to know I was scared. Then would be scared, and I wanted him think he could make it out of there.

An unwelcome fame

Jeanne had named her son after Ry O'Neal, the star of *Love Story*, a mo she had seen before a difficult youth marriage in her hometown of Kokor north of Cicero. Most Kokomo re dents, like their parents before the work in ten giant gray plants own by Delco Electronics, a division of G eral Motors, and raise families streets named after GM cars. Af high school, Jeanne married a fell plant worker, whom she divor when Ryan and his sister, Andrea, w seven and five. Her second marria to Steve Ford, another man from plant, ended after five years. But th remained on friendly terms, and visited to talk cars with Ryan and ta Andrea roller-skating.

Jeanne had few aspirations beyo her family and her office job at Del But, she says, "I always knew one my children would be famous. I j thought it would be Andrea"—a tionally ranked roller-skating cham on with a bedroom full of trophies.

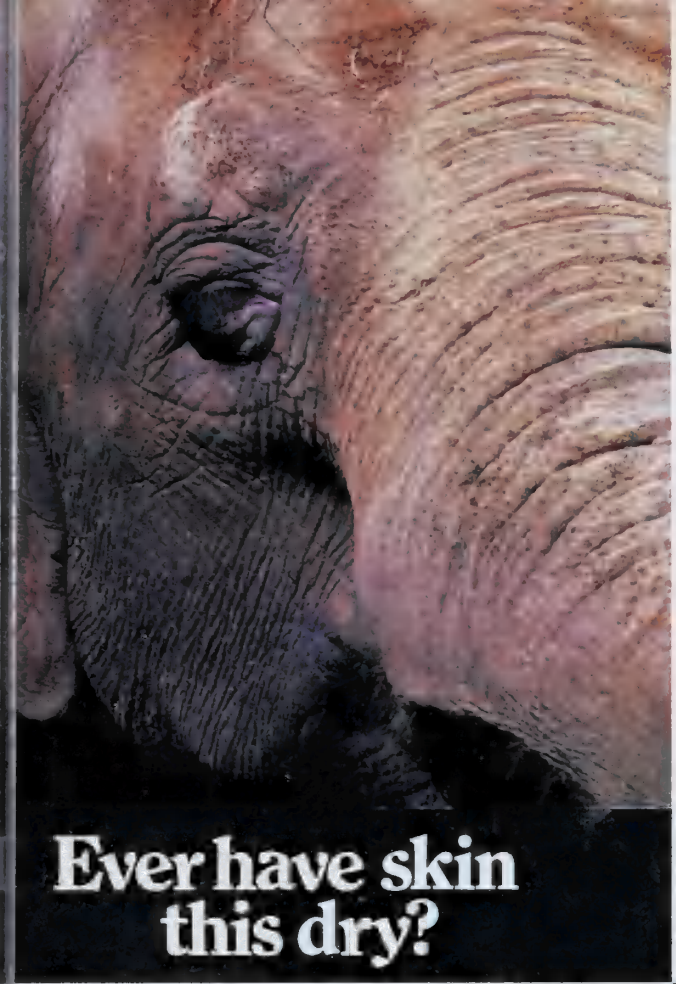
A thin, slight, self-possessed b Ryan longed to play sports but co not, for fear of injury. He was ve close to his mother, and their relati ship grew even stronger after his AI diagnosis. "Will I die?" the twel year-old youngster had asked her. " all have to die sometime," Jeanne t him gently. "We just don't kn when."

A heartbreaking battle

Early in 1985, Ryan had improved a left the hospital. Jeanne and Andr knew they couldn't contract AI from living with or looking after hi It never occurred to her, Jeanne sa that other parents might think Ry could infect their youngsters.

But to keep the boy out of school, district invoked a 1949 Indiana statu barring students with communica diseases. Ryan had to follow his class from home over a speaker phone wi a connection that was frequently ind tinct. The boy was lonely and frustr ed. "I can't play sports; school is al have," he told his mother. "I want be with my friends, like everybo else."

Over the next year, despite vocif ous community opposition, Jeanne a



he grew frightened that one of his tormentors would come after him, and he told his mother, "I don't want to die in Kokomo."

In Indiana, graveyards are plainly visible alongside country roads. One day, as he and Jeanne were driving, Ryan picked out a cemetery for himself, near Cicero. It looked, he thought, particularly peaceful.

Starting over

Meanwhile, Ryan's stand earned him many invitations to speak about AIDS, especially to other youngsters. He also attracted generous new friends like Elton John, Michael Jackson and Olympic diving champion Greg Louganis. While Jeanne freely admits she was star struck, Ryan remained indifferent to his growing fame: "He talked to Michael or Elton just the way he would to anyone else," Jeanne remembers. "He hated being 'the AIDS boy.' He treated everyone as a regular person—just the way he wanted to be treated."

In 1987, thanks to the proceeds from a television movie about the Whites, Jeanne bought a new home—not in Kokomo, the town that had turned its back on the family, but in Cicero. She and her children used BB guns to blast their three names permanently onto the stoop of their old house, and left Kokomo for good.

Ryan started a new life at a more sympathetic high school; before he arrived, state health officials had held a forum to educate students about AIDS. He made friends, learned to drive, held a part-time job at a skateboard shop, and even went to the prom at a senior's invitation. His famous friends called him monthly. Relieved at the changes in her son's life, Jeanne told Ryan that it was his sister's turn to get some attention: Andrea had had to stop competing because her mother was *(continued)*

ʏan fought an exhausting legal battle so that he could turn to school. The process almost seemed harder on anne than her son. She blamed herself for Ryan's hephilia, a genetic disease passed to male children by eir mothers. She also agonized over the fact that it was e who in all likelihood had administered the infectious fusion. (Like other hemophiliacs, Ryan was given the fusions to promote clotting and prevent internal bleeding.) "When I talked like that," Jeanne recalls, "Ryan ɔuld just say, 'I love you; stop it!'"

Though Jeanne's parents and brother remained loyal, e Whites were generally shunned, even in their Methist church. The family got nasty anonymous letters, les of garbage were left on their lawn, and someone en fired a bullet through their front window.

But Ryan would not be cowed. He became adept at ɪrrying criticism, remaining cool and impressively ɪised during television interviews. At one point, Jeanne earily urged Ryan to drop their suit, but her son rejected. Their lawyer turned to Jeanne and said, "I represent *Ryan* now."

Early in 1986, Ryan won and, escorted by Steve Ford, ent back to school. But he remained virtually isolated ɔm his classmates, harassed by cruel jokes ("What do ʏs eat? Ryan White bread") and remarks ("We know ɔw you *really* got AIDS"). On Valentine's Day, the whole hool participated in computer matchmaking, but someɪe tried to bug the program so that Ryan was matched ɪly with other boys.

Throughout that time, Ryan's health deteriorated; he as plagued with AIDS-related problems such as conant diarrhea, thrush (a mouth fungus) and herpes. He ɪme down with pneumonia again, suffering seizures that rrified Jeanne. Whenever he had to go into the hospital,





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ver available to drive her to roller-ating practice. While Steve Ford metimes stayed with Ryan, Jeanne d her daughter began to travel to ekend meets as well; soon, Andrea s winning again.

'm scared, Mom"

t by the fall of 1989, Ryan's body s slowly wearing out. "One thing er another went wrong," Jeanne ys. "He had a hernia that made lking painful, but his platelet count s so low that his doctor couldn't op-te. He got shingles, and sores on his s that wouldn't heal. Often his oat was so sore he could barely isper. Just taking a shower and get-g dressed wore him out."

From October on, Ryan was too ex-usted to attend school for more than few days in a row. Carrying his oks from class to his locker over-elmed him, and he was so far be-d in schoolwork that he felt lost

also hoped to visit Michael Jackson's ranch outside Santa Barbara. There, Ryan would have enough privacy to sit in the sunshine without feeling self-conscious about his sores and shingles scars.

But while in Los Angeles, Ryan had an unusually severe sore throat and coughing spells that lasted for hours. "Normally, he was irritable when he wasn't feeling well," Jeanne says. "This time, he only said, 'Mom, my chest feels really, really tight. My body just doesn't feel right.' "

The Whites flew back overnight to Indianapolis, where Ryan was admitted to the hospital. He called his grandmother in Florida to tell her he "didn't feel good," and she left for Indiana immediately.

Meanwhile, Ryan was moved to intensive care. His doctor wanted to put an intravenous tube in his groin to give him medicine more easily. "Normally, Ryan hated lines, shunts, feeding tubes, anything that seemed permanent," Jeanne says. "But this time he said, 'Do anything you want, just so long as you put me out so I don't know what's going on.' So I said a short prayer with him, kissed him and told him, 'Honey, everything's going to be all right.' "

As Ryan lay unconscious for a week, the news of his critical condition spread, and thousands of letters, telegrams and presents flooded the hospital. Elton John arrived, telling Jeanne, "I'm here to take care of you." As friends and hospital workers stopped by to see Ryan, some of them commented that he didn't look like himself; the sheer amount of the medication he was getting had caused his face and body to swell. "Ryan was very particular—he always wanted to look good," Jeanne recalls. "So I took his class picture and put it beside his bed. That was the Ryan I wanted everyone to remember—smiling and happy.

"Later that night, I was watching a short television special on Ryan with Elton and my parents and brother. At the very end of the program, Ryan says he'd trade his fame for health 'like that'—and he snaps his fingers. I laughed; that was so like Ryan, and it really lifted me to see him looking so well and good. Then I looked around and saw that everyone else was crying. I thought, 'Golly, I'm the one who should be sad, but I feel proud.' "

As the week wore on, Ryan was slowly losing his last fight. "So many of his body systems were failing that drugs were just going right through him," Jeanne says, near tears. At the end of the week, she says, "I didn't want him to keep hanging on for my sake, so I told him, 'Just let go.' "

A mother's memories

Michael Jackson, who was not present when Ryan died, visited Jeanne later that day and sat alone in Ryan's room for a long time. "Michael said he felt close to Ryan there," Jeanne says, her voice barely a whisper. "He wants me to leave the room just as it is, and I guess I will, for now."

Since Ryan died, Jeanne has spoken at the United Nations on behalf of children with AIDS, and she has been lobbying Congress for a bill to provide comprehensive care for AIDS patients and their families. Her public tasks can distract her from her private grief for only so long, however. "When I have to speak in public," she says, "I always feel that Ryan is with me. But I hate staying in hotel rooms by

le was such an inspiration to other sick kids," says Jeanne. "He helped them to set high goals for themselves, to think, I could live longer, too."

ring class. With some prodding from anne, he made a date for his junior om in April with Heather McNew, s best friend since his arrival in Cic-o. (Heather turned down two other vitations to go with Ryan.)

At home, Ryan had trouble sleeping d pored over car-parts catalogs at ght. Jeanne worried that he was ne-ecting his homework and becoming absorbed in plans to customize the d Mustang—a gift from Michael ckson—that he loved to drive ound town. One day, not long after ristmas, they quarreled. "He said, ou don't understand, Mom,' " Jeanne ys sadly. ' "I can't sleep because I'm ared—I think about dying all the ne. Cars are the only thing that take y mind off it.' He always was much tter than I am at distracting himself m pain. He'd just think about some-ing else."

Ryan matter-of-factly discussed his neral with Jeanne—who should pre-le, how he would be laid out. "I nted to see him in his prom tux," e says softly, "but he wanted to be mfortable—in his surf shirt, his ans, his Nike sneakers, his favorite flecting sunglasses."

In March of this year, the family anned another trip to Los Angeles: an was supposed to present an ard to former President Reagan. He

myself, because I'm so used to having him there."

Suddenly, the front door slams as Heather McNew, who'd been Ryan's prom date, a pretty seventeen-year-old with a shy smile and sad eyes, arrives to see Andrea off to that dance. She and Andrea giggle a bit over the contrast between Heather's jeans and Andrea's black sequined dress.

After Heather has left, and Andrea and her date have driven off to the dance, Jeanne ponders the months ahead. She knows that the attention and company surrounding her will gradually fade. "But I do have loyal friends, and I want to stay in the background," she says, adding intently, "I just don't want Ryan to be forgotten. He was such an inspiration to other sick kids. He helped them to set high goals for themselves, to think, I could live longer, too.

"I loved my son more than anything, but the Lord wanted him more," Jeanne continues; she is crying openly now. "I know that he's better off, and that helps me to get through things."■

Ann Marie Cunningham, a New York–based writer, is co-author of Ryan White's autobiography, a book for eight- to fourteen-year-olds to be published next year by Dial Books for Young Readers.



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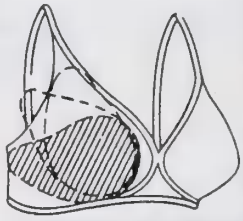
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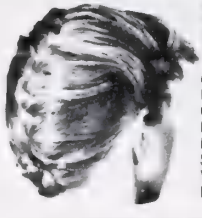
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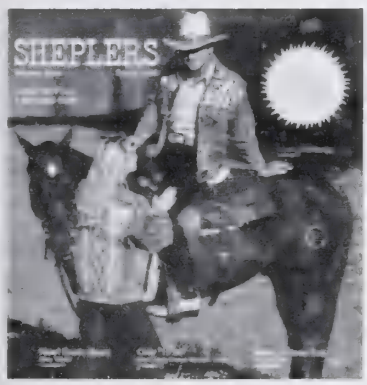
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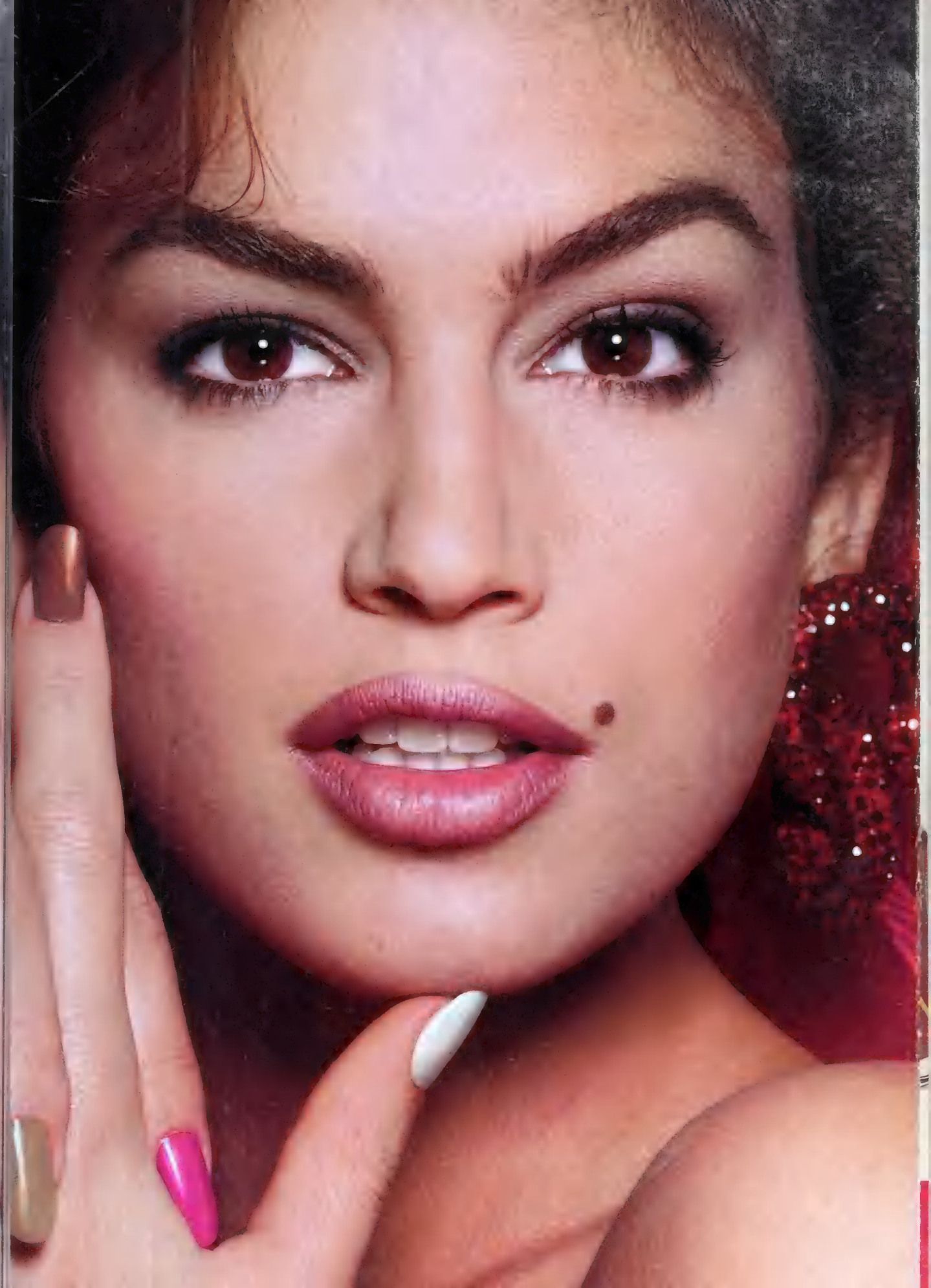
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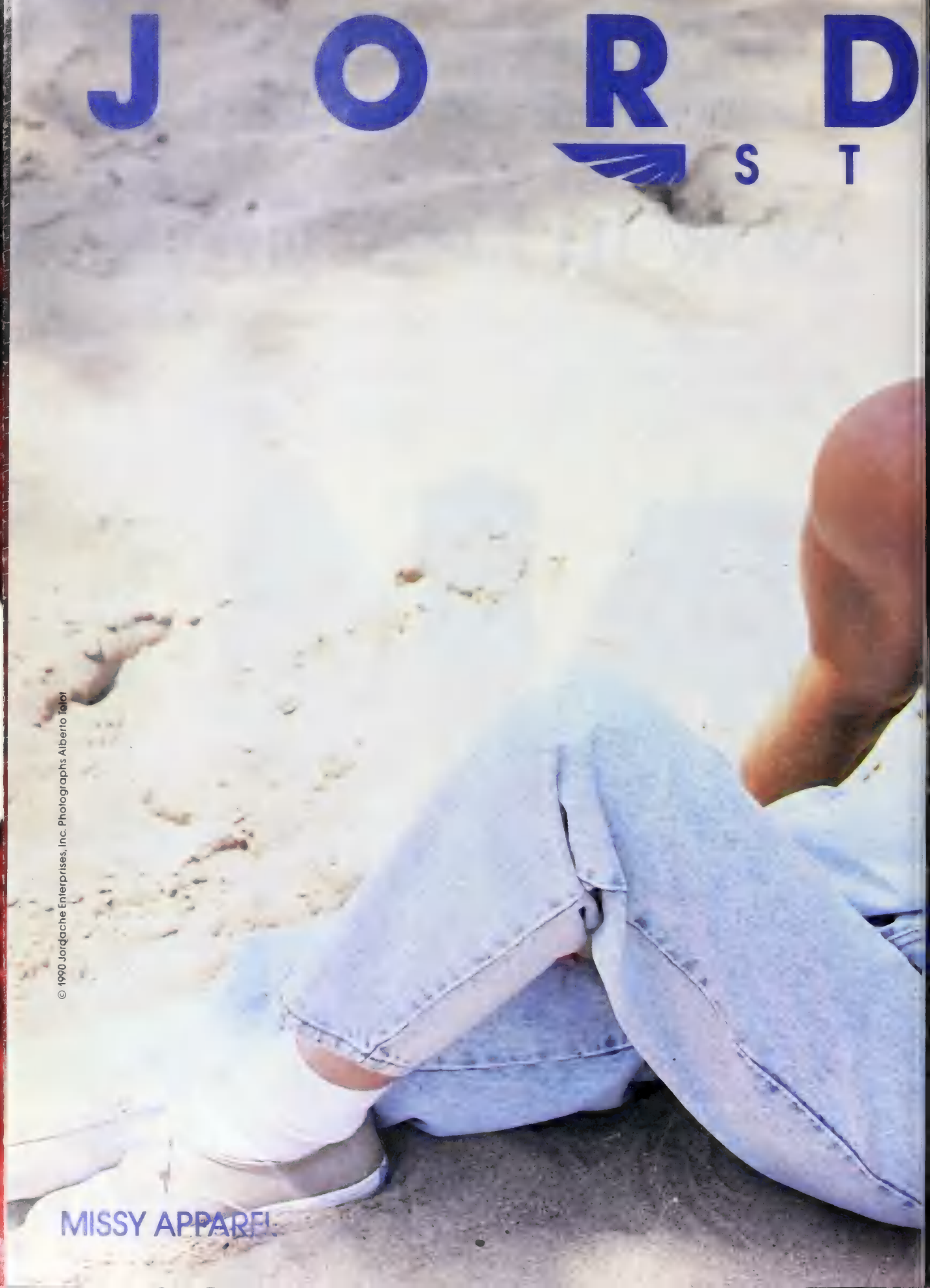
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LADIES' HOME Journal

VOL. CVIII NO. 9 SEPTEMBER 1990



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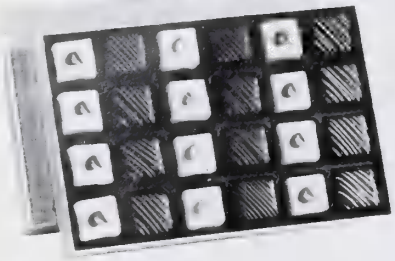
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Cover: photo of Taylor, Gary Bernstein; jewelry, Harry Winston, Los Angeles; hair, José Eber. Insets: Parton, Jeff McNam Burnett, Touchstone Pictures and Television; fall fashion, Nesti Mendoza. Photos, this page, from top: Nesti Mendoza, A Richardson.



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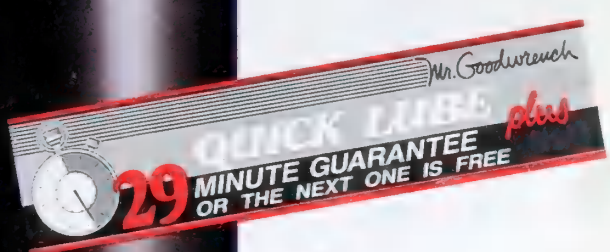
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EDITOR'S JOURNAL



WHAT'S NEW

By Myrna Blyth

AT *LADIES' HOME JOURNAL* WE'RE NEVER SATISFIED. WE ARE ALWAYS TRYING TO IMPROVE OUR magazine to make it more interesting and attractive for you. This month you'll notice a couple of changes we hope you'll like. First of all, Art Director Jeffrey Saks has been fine-tuning our award-winning design. We think our features and columns have a sharper new look, and we're sure you'll agree.

We are also introducing a column, "Up Front," to help you keep up to date on current news, views and who's who. Under the direction of Executive Editor Lynn Langway, Pam Guthrie O'Brien put together a team of writers to file reports that, we believe, will inform, interest and entertain you. This month's column was written by John Schwartz, a senior writer at *Newsweek*; health writer Ann Ferrar; entertainment writer Leslie Jay, a frequent contributor to *LHJ*; and Assistant Editor Marianne Wait, who has a special interest in environmental issues. I'd love to know what you think of our new feature.



I thought you'd like to know that *LHJ* nowadays has reporters—known as stringers—in thirteen cities across the U.S., as well as in a couple of European capitals, who make sure we know what's happening all over. Nancy Stesin, our Minneapolis-based stringer, helped us with "Guess who came to my house" (page 24). Karen Watson, whose story it is, is the woman who entertained Raisa Gorbachev at her Minnesota home.



Decorating Editor Lauren Payne and Dolly Parton talk country style, above. Pam O'Brien keeps us up to date

Other newsy and entertaining features in this issue: Our special report on Elizabeth Taylor, with never-before-published photographs of a star who is a true survivor; our special Food Journal, which tells you what's cooking around America; plus a look at the trendiest, but most wearable, fall fashions.

If you have children, had children—or have ever been a child—doesn't September really feel like the beginning of the new year? Read our special education section and make this a year in which your children and you will learn and grow.

READER CALL-IN DAY This month it's Wednesday, September 5, from one to four P.M. Eastern time. Remember, the call's on you. At the phones: Health Editor Nelly Edmondson Gupta and an eating-disorders specialist, 212-351-3680; Managing Editor Mary Mohler to talk about Parents' Journal, 212-351-3681; Jill Rachlin, who edited this month's education report, and a school principal, 212-351-3682; Associate Beauty and Fashion Editor Susan Parkes, 212-351-3683.

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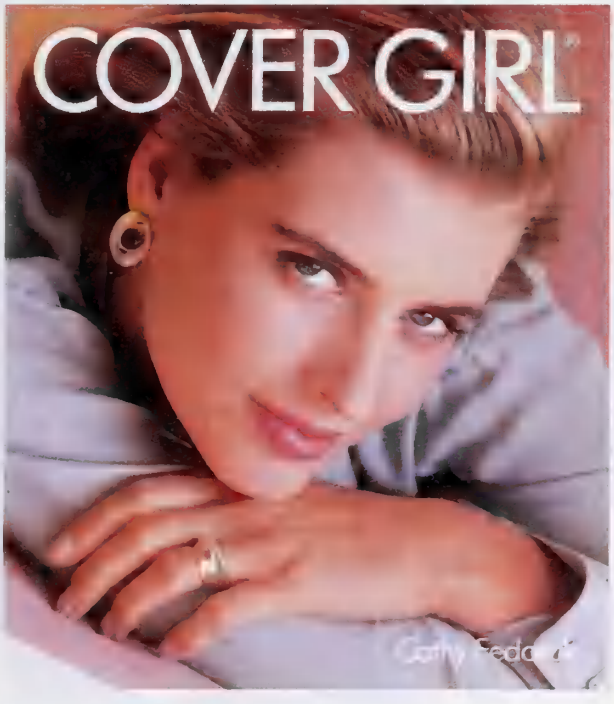
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CAN THIS MARRIAGE BE SAVED?

"AFTER SIXTEEN YEARS OF MARRIAGE, I'M STILL A VIRGIN"

Gina and Frank were both virgins on their wedding night, and a shy attempt at consummating their marriage failed. The same thing happened the next night . . . and the next. Could their love survive? **By Corinne Clements**



GINA'S TURN "If it weren't for Phil Donahue, I wouldn't be sitting in this office talking to you," said Gina, thirty-nine. "I always set the VCR to tape his shows while I'm at work, and I was watching the tapes last Sunday while I was doing the weekly ironing.

"Phil came on with this show about couples who never make love. I couldn't believe it. There, on national TV, were real people talking about our problem. When one lady said she and her husband had actually solved their problem and she had finally gotten pregnant, I vowed, That's it. I'm not getting any younger. I want to have a baby.

"But of course, it's not just the baby. I want us to be normal, to make love like the rest of the human race. What's wrong with us, anyway? I mean, some of the people on TV had real, serious troubles—like impotence or frigidity. It's not like that for Frank and me. I don't know how to say this, but, well, with our hands and orally we do fine. We just don't have intercourse.

"Believe it or not, we have never talked about this either. I don't want to hurt Frank's feelings or embarrass him, but then, I think it's my fault anyway. I was brought up so strictly, and I thought sex was dirty. When Frank and I were dating, he'd try to neck and I'd shrink away. I'd panic, thinking, He touched my breast! It horrified me. I told myself I was saving myself for my husband, but I guess a wedding ceremony can't change all those years of one mind-set. There we were in our expensive honeymoon suite, fumbling like fools and finally just giving up altogether.

"As I said, on my part, this shouldn't have been a surprise. My parents and older sisters and I didn't leave Italy until I was nine, and even after we got to America, it was still the old country inside our house. We went to parochial schools, and my parents kept a close watch on us. Three of my sisters never married; one is married with a large family, but she tells me about her terrible sex life all the time. Her husband just . . . well, he uses her.

"But I've never told my sister or anyone else anything about my sex life—or lack of it. I know all our friends and relatives think we're sterile. Why else would a nice Italian couple go so long without a baby?

"Really, now that I say that out loud, I realize *(continued)*

Introduced thirty-seven years ago, CAN THIS MARRIAGE BE SAVED? is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews with clients and information from the files of George J. Meyer, Ed.D., a psychologist in private practice in Flushing, New York, and Commack, New York. The story reported here is true, though names and other details have been changed to conceal identities. CAN THIS MARRIAGE BE SAVED? is a registered trademark of Meredith Corporation.

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CAN THIS MARRIAGE
continued

there is nothing about our relationship that would tip people off. We've always been crazy about each other, very affectionate and all, and the good thing about not having kids is that we've had so much time to enjoy each other. And enough money, too, since I have no reason to quit my job as a secretary and Frank has done pretty well as a mechanic. He's now the plant manager. We go out to eat, to the opera; we shop, decorate, cook, take wonderful vacations. And we love to indulge our nieces and nephews by buying them lots of wonderful gifts.

"All of this is especially good for Frank, since he's the youngest of five and his father died when he was only twelve. My mother-in-law is a great woman and she did her best, but those were lean years. I love seeing Frank able to splurge on a good lifestyle, and he always tells me he likes being able to show his older brothers and sister that he's amounted to something.

"But what am I saying? I'd give up everything to make real love just once! And it's getting to the point where I wonder whether a relationship without that is just a lie. Who are we kidding? Why do we keep up this cheerful, perfect front? A few weeks ago, Fran and I were at the mall, mainly to loo for new throw pillows for the livin room sofa, but also just to kill a wee end afternoon. I caught sight of ou reflection in the store window. Ever body says we look young for our ag and it's true—maybe because we nev had any kids to give us gray hair!

"Anyway, suddenly I got this spook feeling that we really were stuck . some point in the past, that our liv were just a constant replay of wh we've done a hundred times befor with no growth at all. I mean, anoth afternoon at the mall, another set throw pillows . . . then another dinn at a restaurant . . . then another ev ning of kissing and nothing more. couldn't stand it. Just then a you couple walked by pushing a little b in a stroller. They had a lot of pac ages, and I knew their packages we more important than my silly thro pillows. Kids mark the passage of tin in your life. I wanted to scream, 'We' plastic people! We're Barbie and Ke We're not like the rest of them!'

"Tears started to roll down m cheeks, and Frank didn't know what do. I just told him to take me home. the car, we didn't talk. He turned the radio to fill up the uncomfortab silence. And that night, I didn't ev want him to kiss me.

"Maybe we'd each be better off wi someone else—someone who might able to draw us out and teach us to what we can't be for each other. I lo Frank, but I want a real marriage."

FRANK'S TURN "Here I am, the g who has never scored, not even wi his wife," said Frank, thirty-eig with a nervous, boyish grin. "Look, i taking all my courage to go throu with this counseling thing. Do y think I like talking about this? I mea all through the years, Gina never sa a single thing—not about how we ne er do it, or about how we don't ha kids. So I kept up this crazy hope th it didn't matter, that our marria would last forever—without sex.

"Then, last Sunday, I'm cleaning o the gutters and she's doing the ironi in front of the TV. We sit down to o of her fabulous pasta dinners—h mother's recipe. It's been simmeri all day, so the house smells like hea en. I'm looking at my beautiful w across the table, candlelight on h face. And she says, 'We never ma love; we need professional help.'

"Would that kill your appetite, what? Who needs professional help do what comes naturally? I know know. That's the point. *I* do. And Gi finally said it.

"Don't get me wrong— *(continue*

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REPLACEMENT OR REFUND IF DEFECTIVE

(continued) I can; at least, well, I'm not impotent. It's just the intercourse part. For the life of me, I can't remember what I must have heard about sex as a kid, but I knew from a very early age that you weren't supposed to get a girl pregnant. I really used to worry about that, because after my dad died my mom had so many responsibilities, trying to bring up all those kids, working everywhere she could, mostly as a cleaning woman. My older sister and three older brothers all helped by getting jobs, and I remember always wishing I could do what they did. Anyway, if I couldn't help out, I figured the worst thing I could do would be to cause my mom more grief, so I stayed away from girls.

"Then I met Gina. She brought her car in to be fixed at the auto-body shop where I got my first mechanic's job. We started having lunch together, then dinner. Once in a while, I'd try to put the make on her, but I could tell she wasn't the type, which was fine with me—a relief, actually.

"Eventually, we decided to get married. We paid for the wedding and honeymoon ourselves, and everything was perfect, except for the big moment. She was wearing this sexy negligee and we did all the right stuff, but when we got to the actual . . . I can't explain it. We just stopped. We always just stop. We do other things so we're satisfied, but we never do *it*.

"And the truth is, every time we almost do it, I know I'm one step closer to losing her. And to be honest, I'll tell you that what happened last Sunday, with her finally bringing everything up, didn't come as such a surprise. A couple of weeks before, we were at the mall, and Gina started crying. I was scared. She wouldn't talk to me, she wouldn't say anything except that she wanted to go home. She didn't want to go out to dinner that night, as we had planned, and she wouldn't even let me kiss her.

"You know, it's gotten to the point where even at work, I think I'm going to mess up. I can feel myself getting anxious, and a couple of times I did mess up. Oh, nothing that I didn't catch right away; but it's a terrible feeling to go through the day worrying that I'm going to blow everything. And all because something is keeping me from doing the most basic, most natural thing this side of breathing.

"Can you help me? Or am I just one lone weirdo who's not even written up in any books?"

THE COUNSELOR'S TURN "My heart went out to Gina and Frank," said the counselor. "Each was a fine, sincere person, and each was taking the whole blame for the lack of sexual intercourse in their relationship. In fact, they were both inadvertently contributing to the problem.

"Raised in very strict, traditional homes, the babies of their respective families, both Gina and Frank were, emotionally, far younger than their years. As we talked during the course of several months, it was clear that Gina had expected her new husband to 'take' her on her wedding night, even if she resisted or was not sure what to do. She hadn't expected to have any responsibility for a successful, satisfying sexual relationship, and she certainly had not expected that any personal pleasure would come from it.

"Here I am, the guy who's never scored, not even with his wife," said Frank.

"As for Frank, his prepubescent fear of getting a girl pregnant lingered into adulthood and was for him the main stumbling block to actual intercourse. After several sessions, we discovered that on a certain level, Frank continued to fear the responsibility of parenthood. His older siblings had all done extremely well for themselves in spite of their impoverished upbringing, and Frank constantly compared his accomplishments to theirs, just as he had done as a little boy, when measuring up was totally unrealistic because he was so much younger. Therefore, in spite of his relatively steady climb up the career ladder, he still harbored intense doubts about his worth in the workplace; and though he had never dared to share this with Gina, he had been living with a gnawing feeling that he might someday 'mess up' and lose his job. Naturally, this scenario would be much worse if there were children to support.

"What's more, Frank's fear of failure had moved into the bedroom as well. After so long, Frank envisioned finally trying and not succeeding. So, in his mind, as long as he didn't try, he couldn't fail.

"As I saw it, there were two tasks to tackle: first, facing the psychological impediments to lovemaking, then giving this couple actual physical exercises to get them over their embarrassment and fear.

"The first task involved joint counseling sessions during which I taught Gina and Frank the importance of confiding and communicating previously hidden feelings. I did this by asking specific leading questions. For example: 'Gina, are kissing and oral sex satisfying enough to you?' . . . 'Frank, how would you feel if you succeeded in making love and Gina did get pregnant?' . . . 'Frank, do you feel you could manage financially without Gina's salary?' Each time, I would ask that one partner remain absolutely silent while the other gathered his or her thoughts. I have found that many couples discover the confidence to talk about deeply personal topics when they have a third party listening whom they can trust to guide them and not make disparaging comments. Though Gina and Frank had been close on many levels, they needed this additional prodding in a safe environment. However, because they were both intelligent, they were quite successful with this technique and were able to continue the communicating process at home, too.

"Perhaps because of this, they were way ahead of me on the physical side. For their first exercise, I told them to cease any kind of fondling or necking for at least one week. This instruction, a classic one used by sex therapists, was designed to heighten desire as well as lessen the pressure to perform. Then I told them, when they did make love, to begin slowly and take their time, in order to ease Gina's admitted fear of pain and bleeding.

"Well, nature apparently took over at last. The next session, they came in thrilled with themselves, and reported that during the exercise they had both become excited, 'and we just couldn't help ourselves.'

"Shortly after that session, four months from the time they had first come to see me, we ended therapy. Gina still checks in with me every now and then to let me know that all is well. Last week, she called with the news we've all been waiting for: She is expecting their first child in a few months. 'Our families are going to think it's a medical miracle,' Gina said. 'And in a way, you know, it *is* a miracle.'" ■



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"GUESS WHO CAME TO MY HOUSE"

When Mikhail and Raisa Gorbachev visited Minneapolis, the Soviet First Lady asked to meet a typical American family. We were chosen for this incredible honor—and it was the biggest thrill of our lives!

By Karen Watson, as told to Nancy Stesin



After her visit, Mrs. Gorbachev held my hand and Lisa's in a gesture of friendship, right. Below, the Soviet First Lady talks with our family about life in America and in the U.S.S.R.



Wednesday, May 23, 1990, began like any other weekday morning for me, my husband, Steve, and our four children—and then I got the phone call that would turn all our lives upside down.

The caller was our friend Jon Cranney, the artistic director of the Children's Theatre Company, in Minneapolis. He began by saying: "I'm not kidding!" Puzzled, I listened as he continued, "I suggested to one of the governor's assistants that your family would be a good choice to represent the 'typical American family' Mrs. Gorbachev wants to meet."

I didn't know what to say! My family entertaining Mrs. Gorbachev? I started to laugh; it seemed so unbelievable.

Jon explained that because our thirteen-year-old daughter, Lisa, had traveled to the Soviet Union last year as an actress with his company, we had a good chance of being selected to meet Raisa Gorbachev during her tour of the United States after her husband met with President Bush at the summit in Washington.

Soon after that call, the phone rang again. This time it was Paul Ridgeway, the advance man for the Gorbachevs' visit. He asked whether we would be willing to have Mrs. Gorbachev visit for twenty minutes. I immediately said yes.

Shortly after Ridgeway's call, he and Minnesota Governor Rudy Perpich arrived at our home, accompanied by Secret Service men, Soviet security agents and an interpreter.

The governor asked my permission to look around, and I gave the group a tour of our home. I was rather embarrassed about the way our house looked; toys were strewn about, and the lawn needed mowing. But my visitors were more interested in our display of Lisa's souvenirs from her Moscow trip.

We were all thrilled by the prospect. We have always tried to instill our concern for world peace in our family, and Lisa and eleven-year-old Stephanie were delighted. Our sons, Thomas, seven, and William, six, couldn't quite comprehend everything that was going on, but they knew that something important was happening.

The *(continued on page 221)*

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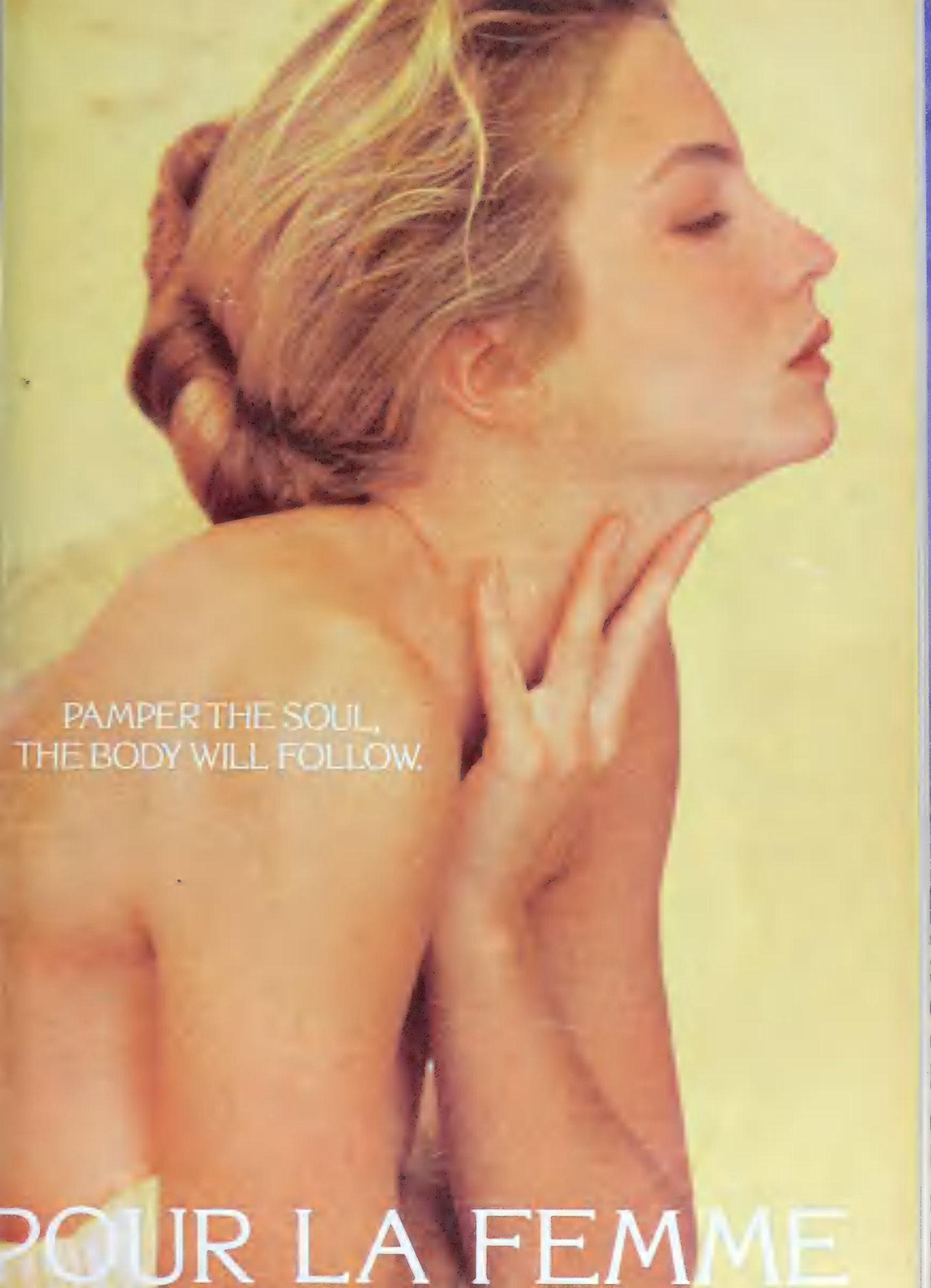
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I'm into more.
I say putting it on once a day is fine but

twice is even better.

You know-- like flicking on a little more blush or lipstick-
It's so like skin's own essential fluid it slips right in
softening, smoothing little lines--
Keeping my radiance potential turned up.
Just a little extra at some point during the day
and I look fresher-- younger all day long.

Twice a day. Every day. Oil of Olay.
Why grow old gracefully?





TABU

The Forbidden Fragrance by Dana



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Autumn's options: Lip service, instant style, thigh slimmers



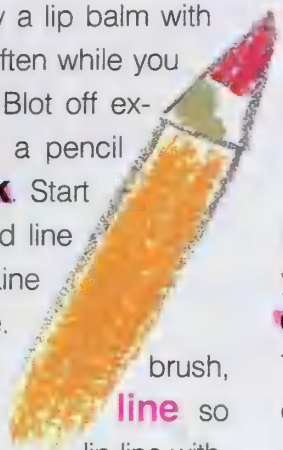
hot lips

What's the secret to super-looking lips? Application know-how, a little patience and, naturally, a great smile. We asked the experts for easy-to-follow tips to give your lips best-feature status



HOW DO I APPLY LINER AND LIPSTICK LIKE A MAKEUP PRO? LIPSTICK IN ADVERTISEMENTS ALWAYS LOOKS SO FLAWLESS!

Follow these steps exactly and your lips will look picture-perfect: Apply a lip balm with your finger, and let lips soften while you do the rest of your face. Blot off excess balm. Line lips with a pencil that **matches lipstick**. Start at the "V" of upper lip and line one side, then the other. Line bottom lip in one stroke. Next, with a clean lip brush, **soften the pencil line** so it melts into your natural lip line without losing definition. Smooth on lipstick with a lip brush for sheer, even coverage. Blot your lips with a tissue, reapply color, and blot again. Three great liners to try out: Maybelline Precision Lip Liners, Revlon Waterproof Lip Shapers and Christian Dior Lipliner Pencils.



I LOVE THE NEW NATURAL SHADES OF LIPSTICK. THE PROBLEM IS, THEY MAKE MY LIPS LOOK INVISIBLE. AM I DOING SOMETHING WRONG?

If you want to wear nude or natural lip colors, you must use a tawny or rosy brown lipliner to **emphasize the outline** of your mouth. This is important if your lips are small or thin, or if they lack natural definition. These pencils do the trick: Clinique Lip Pencil in Perfect Nude, Lancôme Le Crayon Lip Contour in Beige and Cognac, and Estée Lauder Signature Automatic Pencil for Lips in Cocoa Bean. Remember: A natural look doesn't have to mean beige. You may look better in a deeper shade that **heightens** your lip color, such as a bronze or muted mauve. Count on L'Oréal Colour Suprême Lipstick in Very Mauve or Maybelline Sheer Accents Lipstick in Sheerly Rose.

▶



● I'VE ALWAYS WANTED TO WEAR BRIGHT-RED LIPSTICK—BUT DON'T YOU NEED PERFECT LIPS?

No way! Red lipstick is a classic anyone can wear. If you've never worn red before or your lifestyle is casual, **ease into red** with a sheer, light lipstick. We like Cover Girl Lip-Slicks in Hint of Red and Revlon Color Shine Lipstick in Sporting Red. Want to try a full-strength lipstick? It's ideal for instant **dress-up appeal**. Look for Clarion Precision Lipcolor in True Red, New Definition LipColor in Pure Poppy or Lasting Color Lipstick in Couture Red (both by Max Factor), Avon Color Release Long-Wearing Lipstick in 24 Hour Red or L'Oréal Colour Suprême Lipstick in Very Red.

● MY LIPSTICK ALWAYS NEEDS RETOUCHING. IS THERE A SECRET TO GETTING ALL-DAY COLOR?

For long-lasting results, top makeup artists suggest lining and coloring lips with a pencil and skipping lipstick altogether. This works, but save it for special occasions, since pencil-coloring tends to be drying. The next best thing? **Matte** lipsticks that offer high-intensity color and a velvety look, and **powder** lipsticks. Both really stay put and contain moisturizers to keep lips soft and supple. The best mattes: Ultima II Matte+, Revlon Color Memory Soft Matte Lipstick, Lancôme Le Stylo Matte LipColour and Yves Saint Laurent Beauté Rouge Intense. The power powders: Cover Girl's Lip Advance Lasting Lip Color, Charles of the Ritz Powderful Lipstick and Revlon's Velvet Touch Lipstick.



● HOW DO I CHOOSE THE RIGHT LIPSTICK SHADE? SHOULD I MATCH MY COLORING OR MY CLOTHES?



For maximum flattery, the best guide is your skin tone. If your complexion is **warm**, with golden, yellow or tawny undertones, you'll be most comfortable wearing coral, orange-red, apricot, golden-beige, bronze and pink lip colors. These shades will complement your natural coloring as soon as you put them on. If you have **cool** blue undertones, you'll love the way blue reds, fuchsias, blue pinks, mauves and rosy berries look on you. But there are no rules when it comes to color—if you like the way a blue-red lipstick looks against your tawny complexion, go for it! Some cosmetics companies **color-code** their lipsticks to help you choose. Check out Clarion, Avon, Prescriptives, Cover Girl and Chanel.


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Every day is full of surprises and giggles when you're the mother of triplets. These babes in arms belong to Nancy Coleman Abrams, who manages to keep the whole family looking and feeling terrific

INSTANT CHIC: BUSY MOMS' TIMESAVING TIPS

Everyone wants all-day good looks without a lot of bother—and no one has less time to get it together than mothers with young children. Below, on-the-go moms share their creative ways to get through the day with plenty of style

Nancy Coleman Abrams, director of public relations/corporate communications for Clairol and mom of eighteen-month-old triplets—Keith, Kristin and Kimberly

● This may sound crazy (but what do you expect from a mom of triplets?): I keep a catalog of my wardrobe that is categorized by season. For each season, I have logged in three weeks' worth of outfits, accessories included. This way, I don't have to be creative at seven A.M.—I just choose a look from my book. It really simplifies my mornings. In fact, my catalog works so well for me, I started a catalog for the kids' clothes, too!

● I buy anything I can in bulk (five lipsticks, a dozen pairs of pantyhose) to cut down on shopping time. (P.S. The L'eggs Hosiery Hotline is a super service: 800-234-5909.)

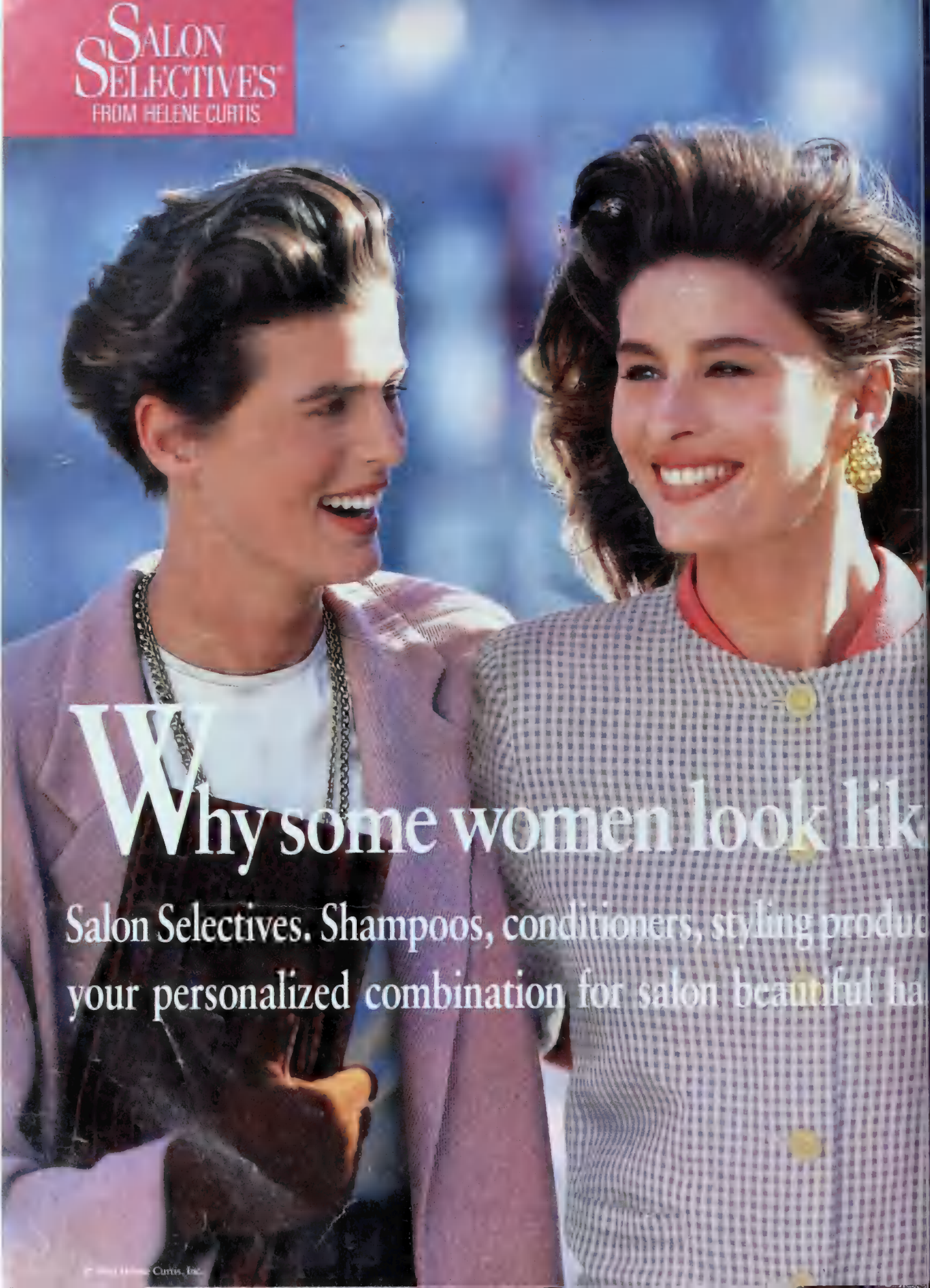
● I keep the babies up until nine o'clock at night. This way I can spend a couple of hours with them on weekday evenings, and since they don't wake up until eight-thirty A.M., I can get ready for work in peace and see them before I leave.

● It's very difficult to make exercise a priority, but I don't let myself stray farther than ten pounds or so from my ideal weight. I walk home from work whenever I get the chance, and I force myself to ride my stationary bicycle.

Kim Charlton-Hunter, Ford model and mother of a four-year-old girl, Jamie

● Every morning is a mad rush to get my daughter dressed, breakfast prepared and *(continued)*


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For romping around the sidewalks of New York, Patricia Clyne and daughter Emily prefer wearing comfy cotton separates

(continued) myself ready, so my house rule is: Never ask kids what they want for breakfast—give them a choice of two items. They'll decide fast, and you won't be a short-order cook.

● I don't have time to go to a gym, so I combine a workout with other activities: When I walk Jamie to school (twenty minutes) I go at a brisk pace, squeezing my buttocks—a great fitness quickie! Also, I stay in shape with an exercise tape.

● My at-home, instant facial: While steaming veggies for dinner, I put my face over the steam for a few minutes, then rinse with cold water.

Andrea Robinson, president of Ultima II and mother of son Lucius, eight, and daughter Graham, six

● When I need a haircut, I make an early-morning appointment (I found a salon that opens at seven A.M.), and I bring my children with me. We all get dry cuts—they're much quicker.

● I buy all my kids' clothes through catalogs—the quality is great, and finding the right items couldn't be easier. (Editor's note: We think children's catalogs are great, too; our faves: *After the Stork*, 505-243-9100; *Children's Wear Digest*, 800-433-1895; *Olsen's Mill Direct*—the source for OshKosh clothing—in Oshkosh, Wisconsin; *Les Petits*, 800-333-2002; *Patagonia Kids*, 800-638-6464; *Hanna Anderson*—when your kids grow out of these clothes, you can return them for 20 percent—800-222-0544; *Bright's Creek*, 800-622-9202; *The Right Start*; 800-LITTLE-1.)

Patricia Clyne, fashion designer and mother of two-year-old Emily

● My clothes have to take me from eight A.M. until nine or ten at night, so comfort is very important to me. Loose tops, loose bottoms and flat shoes is the way I like to dress.

● I dress my daughter in cotton knits—they're washable, dryable and easy to get her into.

● I don't ever vary my makeup routine—I know what I need and what looks good, and I've learned to apply it really quickly. (P.S. A few of our time-saving beauty products: Vidal Sassoon Ultra Care Shampoo and Conditioner in one, Maybelline Brow and Lash Groomer, and Revlon Bronzing Beads for instant glow.)

Lia Schorr, skin-care specialist and mother of Segal, five and a half

● Sunday is my only day off, and my daughter and I always take a bath together with all of her toys and baby oil in the water. It's a wonderful moisturizer for me and lots of fun for her.



Lia Schorr and daughter Segal create homemade treatments. One favorite: a crushed avocado hair conditioner

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These fifty million Americans will have their choice of thirty thousand different diet plans.

Given the dimensions of our national preoccupation with losing weight,

WAS SHE BETTER OFF BEFORE?

it seems only prudent to ask: Is the "after" always better than the "before"?

THE ANSWER IS–SOMETIMES.

Obviously, there are a number of excellent reasons to go on a diet; the first of these being health. Studies show that people who are overweight run increased risks of heart disease, high blood pressure, diabetes and cancer.



Low-calorie liquid diets have been much in the news of late. Before beginning any weight-loss program, you should consult with your physician.

So it is all the more ironic that by the very diets we adopt to improve our health, we sometimes do as much harm as good. Because when you diet, you limit not only calories; you may also limit essential nutrition.

While there are many responsible weight-loss programs, an alarming number (particularly those that restrict you to less than 1200 calories daily) may cause serious nutrition deficiencies.

In a study of ten of the most po ular weight-loss diets, researchers at Rutgers University found that the majo of these diets are deficient in Vitamins



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and B12, calcium, iron, zinc, magnes-
and thiamin.

Naturally, we don't suggest that shouldn't go on a diet. But we do recommend that you choose a weight-loss program carefully–and that you balance it with an intelligent daily regimen of vitamin and mineral supplements.

MAY WE RECOMMEND A GOOD VITAMIN MAKER?

Nature Made® nutritional supplements are made to a standard of quality higher than the U.S. Government requires, and are the same vitamins and minerals found in nature. They contain no artificial flavors, colors or preservatives.



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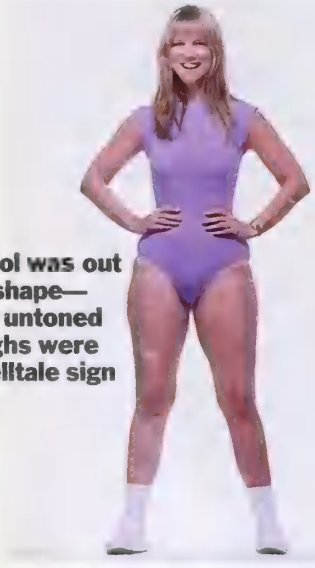
THIN THIGHS— IN 90 DAYS OR 90 MINUTES



Three months later, and Carol's legs have never looked better

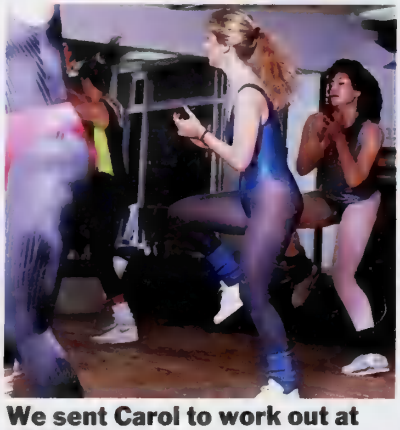
If you could lose inches from any part of your body, where would you pare? We asked dozens of women, and the vote was unanimous: All would die for thinner thighs. So we chose two three-month programs—aerobics and firming creams—and one ninety-minute operation—liposuction—and found women raring to try 'em. Which would *you* choose?

EXERCISE THOSE THIGHS AWAY



Carol was out of shape—her untoned thighs were a telltale sign

We didn't have to tell Carol Lees that aerobic exercise is an ideal way to tone and trim her thighs. She knew what it takes to get in shape—her problem was a major lack of motivation. She told us she didn't have time to work out and knew she couldn't survive high-powered aerobics classes for all those months. So we told her that if she agreed to go to a gym regularly, we would send her to Body Design by Gilda, a top fitness studio near her home. We guaranteed that after just ninety days, Carol would have the slim, shapely thighs she wanted.



We sent Carol to work out at NYC's Body Design by Gilda

"For the first three weeks I was really enthusiastic," says Carol. "I would dash home from work, quickly change into my new exercise gear (high-cut leotards are a *great* incentive) and dash to the gym for a one-hour class. I used to hate to even *think* about exercising, but the classes made me feel so terrific that I truly couldn't wait for the next one.

"Unfortunately, the novelty wore off fast. I began to resent those classes—the seven P.M. 'power hour' was taking over my social life! But I willed myself to persevere. I envisioned myself in a swimsuit—that gave me the inspiration to sweat out yet another session."

After six weeks, Carol realized that losing inches takes more than aerobics. "You can't get results from exercise without maintaining a sensible diet as well," she says. She was feeling healthy and full of energy, but she wasn't losing any weight. No wonder: Carol skipped lunch, went to class right after work and was so ravenous at night that she ate even *more* than she used to.

Then Carol's life went through a few changes: She *(continued)*

Photos, top and left: Nesti Mendoza; middle, Andrea Alberts. Leotards, Dance France.



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Stouffer's®	48	1030	N/A	365
Weight Watchers®	32	794	51	276
Lean Cuisine®	29	852	61	259

LISTEN TO YOUR HEART. MAKE A HEALTHY CHOICE.®

(continued) moved from New York to New Jersey, and she was promoted at work to a position that required many more hours and a lot more traveling. Carol knew getting to the gym would be harder than ever, so she sought advice from her instructor and mentor at Body Design by Gilda, Tracy Rawls. "If you can't make a class, do something," Tracy insisted. "Take a brisk walk every morning—sleeping an extra twenty minutes isn't going to help your thighs!" Tracy also suggested a series of easy-to-do at-home thigh exercises for Carol and showed her exactly how to do them for maximum results.

As Carol's life got busier and busier, she not only lacked time for exercise, she started skipping more meals and drinking lots of coffee. Though Carol admits this was extremely unhealthy, she did lose weight—four pounds in one week—which remotivated her to go to aerobics classes as often as she could. On the days she couldn't get to the gym, Carol supplemented her routine with walking and swimming. She also started eating more sensibly—three meals a day, lots of fruits and vegetables—and, no surprise, the pounds came off swiftly. After three months, great success! Carol lost two inches from her hips and an inch from each thigh.

Carol learned that a serious exercise program requires much more than inspiration—it requires unrelenting commitment. Below, her advice for prospective aerobicizers:

- Choose a health club that is located conveniently for you. Near your home is best so you can go on weekends without any excuse.
- Don't be intimidated by large classes—ask the instructor exactly how you should do the exercises for the best, speediest results.
- Once you learn the routine in class, you can do the exercises at home or when you're traveling.
- Get to class on time so you can work out at the front of the room. That way you can see exactly what moves the instructor is doing.
- Don't worry about being clumsy in class. Let the instructor know you're a beginner—you may even save yourself some soreness.
- Although at-home videos don't motivate as much as classes do, they're great as fill-ins when you have to miss a session at the gym.

Photos, left, and right: Nesti Mendoza; middle, Andrea Alberts. Leotards, Dance Basics.

SMOOTHING THIGHS WITH CONTOUR CREAMS



Lisa was slim but unhappy with the appearance of her thighs



Perfecting her skin with creams was a wonderful routine

Lisa Carvalho had always been one of those women that other women hate: tall, thin and attractive with not one visible imperfection. Then one day she noticed her body had changed. What happened? Cellulite.

Cellulite is a nonmedical term that refers to a spongy, dimply appearance of the skin's surface. Though the Food and Drug Administration does not recognize the term as scientific, cellulite remains an extremely common complaint among women of all ages—and all sizes. It is generally thought (but not scientifically proven) to be due to a loss of or breakdown in the elasticity of the skin, like wrinkles; therefore, treatments that smooth and firm the skin can prove highly effective.

We asked the skin-care experts at Clarins to put together a daily program for Lisa with their Slimming Body Treatments. Every morning after a hot shower, Lisa applied Contouring Body Cream on her thighs while her skin was still damp. Using the Multi-Mass appliance, she gently massaged the cream into her skin. To wind down from a hectic day, Lisa usually enjoys a cooler shower in the evenings. After this *(continued)*



The result? Fabulous thighs in three months



If you wanted to lose everything, we would have taken everything out.



If you're like most people watching their weight, you'll figure that Roman Light bread is good because there's so much less in it. Fat chance.

Because when you believe in good, sound nutrition as much as Roman Meal does, you know that what you keep inside a light bread is just as important as what you take out.

That's not to say we didn't take out anything.

Roman Light has less fat, is cholesterol-free and has only 40 calories per full-sized slice.

But let's talk about what's still in there: Lots of essential complex carbohydrates.

They're what you need for energy when you're watching your weight. Because when your body doesn't get enough energy from carbohydrates, it may take it from other sources, like your muscles. That's how people who want to lose weight end up losing muscle, too.

There are lots of other good things in Roman Light bread. Including plenty of insoluble fiber to help you feel nice and full after you eat—without adding calories.

Of course, there's no reason why people who are watching their weight should be deprived of good taste. And that's one reason why we mill and blend Roman Light ourselves to make sure that each loaf is as good as it can be.

Natural whole grain goodness.® It's been in our bread from the beginning.

So if you're watching your weight, pick up a loaf of Roman Light today. It's the one light bread with all the good things still in it.

It's What's Inside That Counts.™

Roman Meal Is A Sponsor Of
THE AMERICAN MEDICAL ASSOCIATION'S
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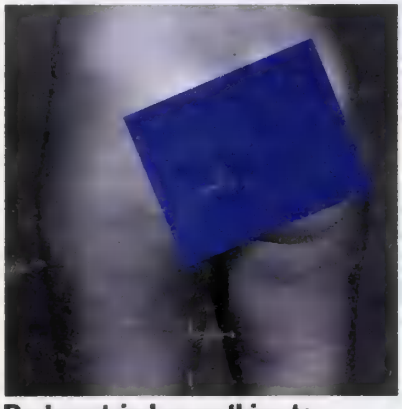
© 1989 Roman Meal Company

(continued) shower, she smoothed on Body Treatment Oil, rubbing the oil between her palms to warm it up and then massaging it into her thighs.

How did Lisa feel about the program? "It really lifts your spirits," she says. "The products are so luxurious that you feel spoiled using them. Treating your skin inspires you to work harder to make your body as beautiful as you want it to be." In fact, using the creams motivated Lisa to improve her diet and to buy an exercise bike. And the initial thrill of owning a new bike has stayed with Lisa—she still exercises daily. She also notices a huge improvement in the tone and feel of her skin.

There are many body-contour products available in addition to Clarins: Contorno for Problem Areas by Terme di Montecatini ($50), Elancyl MP 24 Body Profiling Concentrate (about $25), Biotherm Serum Contour ($30 to $45, depending on size), and Lancôme Sculpturale Fluide Aminicissant Body Sculpting Complex ($35). Note: Contour creams are *not* a substitute for exercise and proper diet. They may improve the look of your skin and motivate you to exercise, but they will not reduce the size of your thighs.

THE SURGICAL SOLUTION



Barbara tried everything to reduce her thighs with no luck



Dr. Matarasso declared Barbara an ideal candidate for liposuction

No matter how much weight she lost, Barbara Young* couldn't trim her thighs. Her problem? A disproportionate concentration of hereditary fat deposits in her thighs and buttocks (commonly called saddlebags).

Barbara knew about liposuction but was skeptical. The new procedure was surrounded with stories of uneven contouring and infection. Although her friends and family were against it, she researched the procedure thoroughly. After consulting two other doctors, Barbara met with Alan Matarasso, M.D., an NYC board-certified plastic surgeon (with a specialty in aesthetic surgery) and assisting attending surgeon at Manhattan Eye, Ear and Throat Hospital, who was recommended by two acquaintances.

According to Matarasso, not everyone is a good candidate for liposuction. Barbara was because she had localized fatty deposits that were immune to diet and exercise. She also had perfect skin tone that would contract and shrink well after the fat was removed. After Matarasso analyzed Barbara's body, he told her she could expect a major difference.

The morning of the surgery, Barbara was given a light general anesthesia. The surgery lasted an hour and a half. Next, nurses helped her into the required post-op girdle and her clothes. She didn't feel as much pain as she thought she would. The most discomfort was under her buttocks, where the stitches were. Matarasso prescribed vitamins and an antibiotic and sent Barbara home.

After three days, the bruising and swelling had subsided quite a bit. A week later, her stitches were removed, and Barbara returned to work.

Barbara began a light exercise routine three weeks after the operation, and after six weeks she started high-impact aerobics and running. Although final contour and shrinkage doesn't occur for at least six to nine months, Barbara feels fantastic. Her hips went from measuring 37 inches to 35¼ inches, and her thighs are slim—so long, saddlebags! "I really never expected such fabulous results!" says Barbara.

For more info, call the American Society of Plastic and Reconstructive Surgeons, 800-635-0635.



A fast, relatively painless operation gave Barbara the body she always wanted

**Name changed to protect privacy*

Photos, top: David Zanes; bottom right, Nesti Mendoza. Leotard, Dance France.

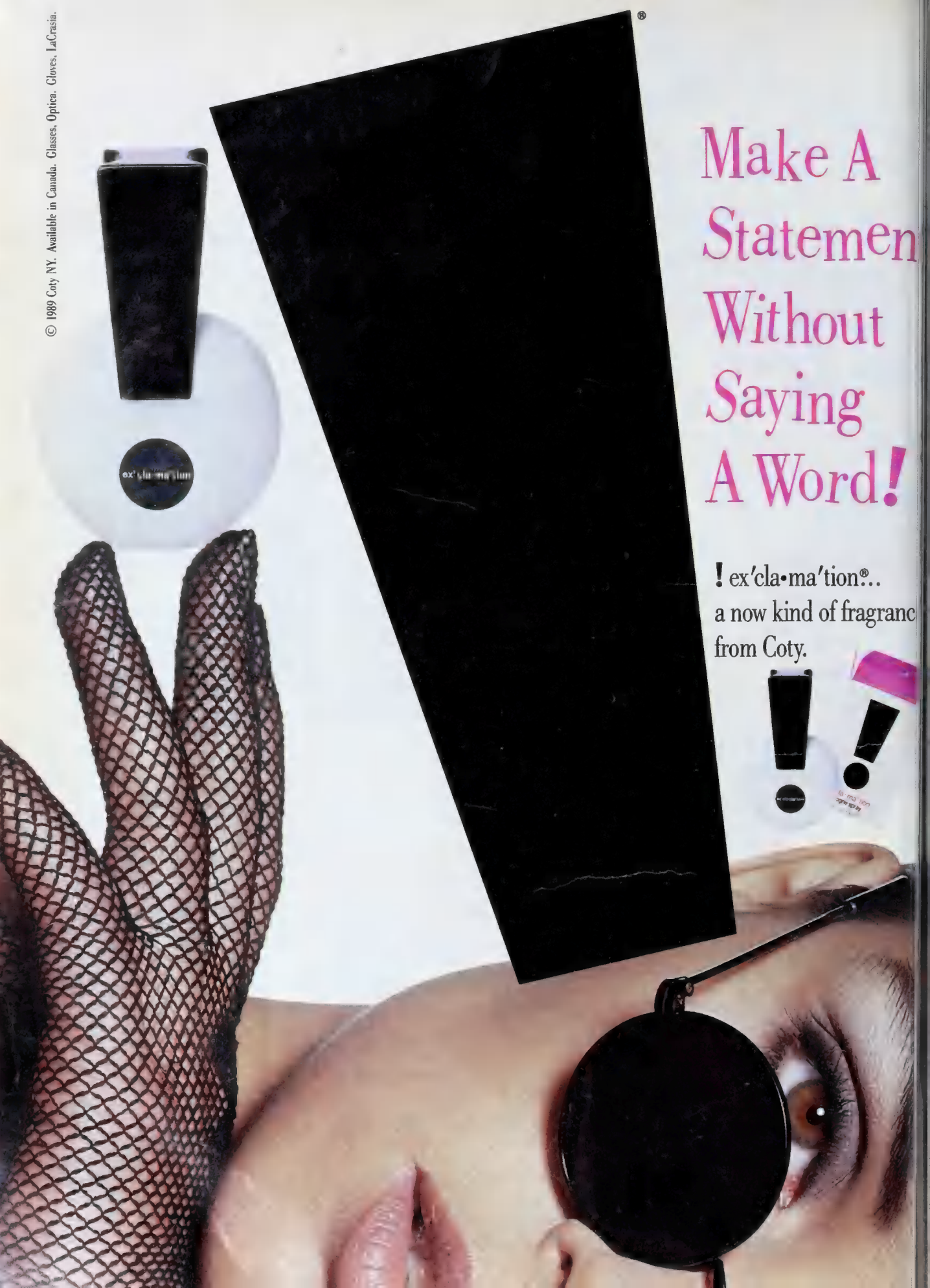


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If you're looking for wholesome snacks that taste great, look no further. Look for Nabisco. You'll find that many of our snacks are low in saturated fat with absolutely no cholesterol. And with the nutritional label on every package, you'll know exactly what you're eating in each serving. Make delicious Nabisco cookies and crackers part of your balanced diet.

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The Children's Blessing

ne of the most beloved passages from the Gospels inspires a masterwork in fine bone china

Let the little children come unto ıe ... for of such is the kingdom f heaven."

This timeless message of com-ort and faith now inspires a nagnificent new work of art. A enox original created in the rich tyle of Renaissance sculpture, nd beautifully handcrafted in ine bone china, *The Children's lessing* portrays Jesus bestowing His blessing upon two small hildren, in a beautiful tableau.

The little boy rests on His nee, looking into Jesus' face vith an expression of pure inno-ence and rapt attention to His vords. The little girl leans gainst Him in a trusting man-er, as He cradles her head in His and, and blesses her.

Careful finishing defines such etails as the little girl's hand ently reaching to touch His obe. And the simplicity and ealism of the sculpture's classic orms are enhanced by the atural bisque surface of pure hite bone china.

This is a work of art to treasure or its superb craftsmanship as vell as its meaning. One to be isplayed and cherished always, vith great pride.

This fine imported sculpture vill bear the Lenox® trademark n 24 karat gold. To bring its eauty into your home, you need end no money now. Simply mail he accompanying reservation romptly—and certainly no later han September 30, 1990. 571000



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Shown actual size

Exquisitely detailed in the Renaissance tradition ... a work of art to be treasured for generations



FAMILY PORTRAIT

Linda Rahman's family always loved her cooking, so they weren't surprised when she found that the Pillsbury Bake-Off was just a piece of cake. Here's her story—and her prizewinning recipe. By Pamela Abramson



FLOUR POWER

In the Rahman family, they call it simply "The Cake"—and they marvel at how a few basic ingredients and a handful of berries can create a culinary star.

"It just hasn't seemed real," declares Linda Rahman, forty-four, of Petaluma, California, who took home the $40,000 grand prize at the 1990 Pillsbury Bake-Off contest last winter with her Blueberry–Poppy Seed Brunch Cake (her winning recipe is on page 54). "I can't believe people care that much about a cake."

But care they do, and since winning, Linda has re-created her made-from-scratch masterpiece for everyone from local reporters to Willard Scott. Not that baking is her only occupation, mind you. She's also a tax accountant who commutes daily to her job with Pacific Bell in San Francisco, forty miles to the south; at night, she's studying for her master's degree. Married for twenty-five years to Greg Rahman, an electrical-engineering supervisor, she's the mother of two sons in college (Brian, twenty-two, and Kevin, twenty-one). And, oh, yes, in her spare time, she runs, goes boating, writes poetry, gardens and does volunteer work. "What a woman," teases Greg, "what a woman."



But Linda herself, while admitting she has a "high energy level," takes pains to deny she's heroic. She didn't achieve her career success until after her sons were grown, she notes. While raising them, she attended night school for twelve years, finally graduating with a B.S. in 1981. "The real superwomen are trying to balance raising a family with having a career. I'm not," she says. "I work with many women who have little ones. I look at them and say, 'Boy, that must be rough.' "

She was lucky, she says, to be able to "do the June Cleaver thing for fifteen years," devoting herself to soccer, Cub Scouts and the PTA as well as her family. "I supported her in whatever she wanted to do," says Greg.

Although her sons now jokingly introduce her with "this is my mom—she used to cook," Linda says she has always made time to experiment in the kitchen. Friday nights, for instance, would be set aside for international cuisine. "I really like to cook," she insists. "It isn't just the product, it's the process. I don't look at a recipe and say, 'Oh, it will take too long.' It's never too much trouble, because I enjoy doing it." *(continued)*



A well-fed family, from top: Linda and Greg, front row, with budding chefs Kevin, left, and Brian; the Rahmans (with Brian and friend Cheryl) relax pre-barbecue; Mom teaches Kevin a few kitchen tricks

Judy Reed

g0— Thompson Medical Co., Inc.

All my life I had weight problem, hen I lost 24 pounds."

—Cheri Browner

I had been overweight all my life. But er my first pregnancy it got worse. I tried lots of diets but they never seemed work. They just left me feeling hungry. But then my pharmacist told me about the xatrim diet plan. It turned out to be all the p I needed to lose weight. With Dexatrim,® und I ate less simply because I wanted less. I just took one Dexatrim in the morning d I was fine all day. I didn't even feel like I s dieting. I could just say, 'No thank you' d mean it. I still ate the foods I loved—t less of them.

For the first time I was in control.

But it was at a family wedding t I really felt proud. People dn't seen me in months. My sband's whole family was re. They just couldn't ieve it was really me. eryone was stunned.

And, you know what, it s Dexatrim that made it sible. I never want to go k to the old me. And with xatrim, I won't."

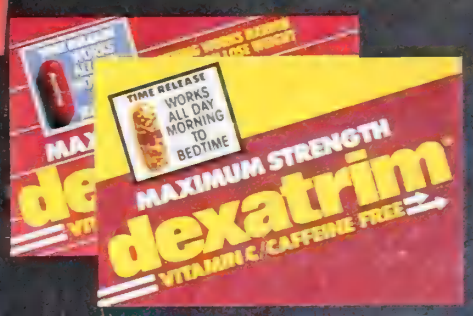
xatrim controls your petite so you eat less d lose weight. And it has caffeine to make you rvous.

fact, in a recent national sur- y of pharmacists, Dexatrim s recommended more than y other weight loss product.

lexatrim®

e weight loss product pharmacists recommend most.

"Before Dexatrim, nothing seemed to work. Now I feel great—and 24 pounds lighter."*



eri Browner may not be typical of the average Dexatrim user. Weight loss varies n the individual depending on a variety of factors. Most users need to lose less weight.

ADVERTISEMENT

ANTI-WRINKLE STRATEGY

HOW MANY STEPS DOES IT TAKE TO STOP NEEDLESS AGING?

The evidence is overwhelming that even minimal sunlight ages your skin faster than birthdays. And it's no secret that daily moisture loss makes every little line more visible.

That's why skin specialists say: "Use a good moisturizer and an SPF 15 sunblock every day of the year." But...*two layers?* Won't they irritate? Clog your pores? And if you do wear a total sunblock all year round, won't you end up pale as a ghost?

You'll be happy to know that a leading skin care company asked the same questions, and developed one product with all the right answers: Neutrogena Moisture® SPF 15 Formula with a sheer tint.

First, it's an effective daily moisturizer, guarding your skin against moisture loss and helping to "plump up" dry lines. But it's also a PABA-free SPF 15 sunblock.* So it stops needless aging without irritating even sensitive skin. Then to chase away the pales, it's tinted with a sheer, sheer hint of healthy color. Very subtle, perfectly natural alone or under makeup.

More good news: Neutrogena Moisture SPF 15 Formula is hypo-allergenic and non-comedogenic, so it won't clog your pores. And it feels as fresh and light as moisture itself.

Neutrogena Moisture SPF 15 Formula is available at drug stores and sold with a satisfaction-or-your-money-back guarantee.

*Experts say SPF 15 is a total block and higher numbers just put unnecessary chemicals on your ski... not more protection.

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Now you can fight wrinkles in one safe step. Without PABA. Without irritation. And without looking "sunblock pale" even when you're not wearing a bit of makeup.

Now also available untinted.

FAMILY PORTRAIT
continued

Her family devours whatever s makes—even the sweet pickles she co cocted from kelp during a seaside va tion in British Columbia. Says Gr proudly: "We like to go to restaura just to order something that Linda fix Very often, it's not as good."

Despite her family's praise, Lin didn't work up the nerve to compe until last summer. Then she *(continu*

BLUEBERRY–POPPY SEE BRUNCH CAKE

Prep time: 15 minutes
Baking time: 45 to 55 minutes

⅔ cup granulated sugar
½ cup butter or margarine, softene
2 teaspoons grated lemon peel
1 large egg
1½ cups all-purpose flour
2 tablespoons poppy seeds
½ teaspoon baking soda
¼ teaspoon salt
½ cup sour cream

Filling

2 cups fresh or frozen blueberrie thawed
⅓ cup granulated sugar
2 teaspoons all-purpose flour
¼ teaspoon nutmeg

Glaze

⅓ cup confectioners' sugar
1 to 2 teaspoons milk

Preheat oven to 350°F. Grease a flour bottom and sides of 9- or 10- in springform pan.

Beat sugar and butter in bowl u fluffy. Add lemon peel and egg; bea medium speed 2 minutes. Comb flour, poppy seeds, baking soda salt. Add to butter mixture alternat with sour cream, beginning and end with flour mixture. Spread batter o bottom and 1 inch up sides of p so batter on all sides is ¼-inch thi **FILLING:** Combine all ingredients in m dium bowl. Sprinkle over batter.

Bake 45 to 55 minutes, until cak golden brown. Cool slightly. Rem sides from pan. Drizzle top with gla Serve warm or cool. Makes 8 servin **GLAZE:** Combine confectioners' su and milk in bowl; blend until smoot

Nutrition info per serving: 380 calories, 5 gm tein, 17 gm fat, 55 gm carbohydrates, 230 mg s um, 64 mg cholesterol.

THE SHIRLEY TEMPLE COLLECTOR PLATE

fficially
thorized by
irley Temple...



Shown smaller than actual size of 8¼" in diameter.

"Stand up and Cheer"™

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A numbered *limited first edition* porcelain collector plate turing Shirley Temple in one of her most beloved movie roles.

child star in Hollywood history was more us or beloved than Shirley Temple. Her spar- personality and extraordinary talent lit up the screen — and her golden curls, adorable les and radiant smile captured millions of ts around the world.

w, you can acquire a limited edition porcelain ctor plate that perfectly depicts little Shirley, as ppeared in "Stand Up and Cheer"...the memo- 1934 movie that rocketed her to stardom.

erially-numbered strictly limited first edition.

tand Up and Cheer" is an exclusive first edi- issue — forever limited to the production ity of just 14 full firing days. Each plate will be idually numbered and accompanied by a Cer- te of Authenticity, attesting to its limited edi- status. Crafted in fine bisque porcelain, the is richly colored in vivid detail and luxu- ly finished with a band of gleaming 23kt gold.

A remarkable value — guaranteed satisfaction.

This enchanting collector plate is a Danbury Mint exclusive, and is attractively priced at just $24.95 — an exceptional value considering its superb quality, exquisite artistry and limited edition status. Moreover, if you are not completely satisfied, you may return your plate within 30 days for a prompt replacement or full refund.

Order now to obtain the lowest possible serial number.

"*Stand Up and Cheer*" is sure to be prized by your family for generations to come...and a low serial number will make it all the more precious. Serial numbers will be assigned in order of receipt of Reservation Applications, *so return yours today!*

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RESERVATION APPLICATION

THE SHIRLEY TEMPLE COLLECTOR PLATE

"Stand up and Cheer"

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06857

Limit: two plates per collector

Please accept my reservation for *"Stand Up and Cheer,"* as described in this announcement.

I wish to reserve _____ (1 or 2) plate(s) at $24.95 (plus $2.95 shipping and handling — total $27.90*) each.

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____

State _____ Zip _____

Check ☐ My check or money order is enclosed.

One ☐ Charge my credit card at the time of shipment.
☐ MasterCard ☐ VISA ☐ Discover

_____
Credit Card Number Expiration Date

Signature _____

Please allow 8 to 12 weeks for shipment. All orders subject to acceptance.

*Residents of the following states pay the amount shown to include sales tax — **CA** $29.64, **CT** $30.13, **FL** $29.57, **IL** $29.64, **MN** $29.57, **NC** $29.30, **NE** $29.02, **NY** $29.02, **OH** $29.30, **TN** $30.06, **TX** $29.57. (Local taxes, if applicable, will be billed with shipment.)

S75

FAMILY PORTRAIT





(continued) took up two challenges: She sent a fifteen-stanza poem she'd written to a publisher, and she entered the Bake-Off. (She has yet to hear anything about the poem.)

Her real pastry specialty is apple pie, but Linda decided to submit the blueberry cake because it was a newer recipe. Inspired by her trips to a local bakery for the family's two favorite muffins—blueberry and poppy seed—she added the ingredients to a basic yellow cake. "My grandmother could have made it," she says. Still, she admits the cake is just as good as it is simple. The secret to its success may be the two teaspoons of aromatic grated lemon peel that Linda tosses in. "It smells fantastic when it's baking," she says. The only Pillsbury product she used was flour; it was the first time since 1982 that a Bake-Off winner didn't use prepared ingredients.

When Linda got the word last November that she would be sent to Arizona with the ninety-eight other finalists for the four-day event—the Olympics of cooking contests—neither she nor Greg "took it all that seriously." In fact, she left him at home, bringing with her a friend who was a Bake-Off veteran. "I didn't know it was going to be such a lavish affair," says Linda of the contest, which featured live entertainment, dancing and a rodeo for the delighted entrants.

In a contest where many of the participants are professionals who build their lives around cook-offs, a tax accountant who cooked for fun was a singular sensation. "I didn't feel competitive," says Linda. "I wasn't always asking, 'Does mine look better than hers?' I wasn't particularly concerned about whether I won or not. I was dazzled by the fun I was having." Greg, Kevin and Brian, who watched the televised proceedings at home and school, were equally overjoyed at the unexpected outcome.

Greg and Linda are talking about building a new home with the winnings (their current kitchen is also getting a major makeover, courtesy of Bake-Off co-sponsor Sears). Kevin, however, has other ideas; when he heard the news of his mother's victory, he immediately decided to increase the value of the birthday gifts on his wish list.

The Rahmans devour whatever Linda cooks—even her pickles made from seaweed. "We like to go to restaurants just to order something Linda makes," says Greg proudly. "Very often, it's not as good."

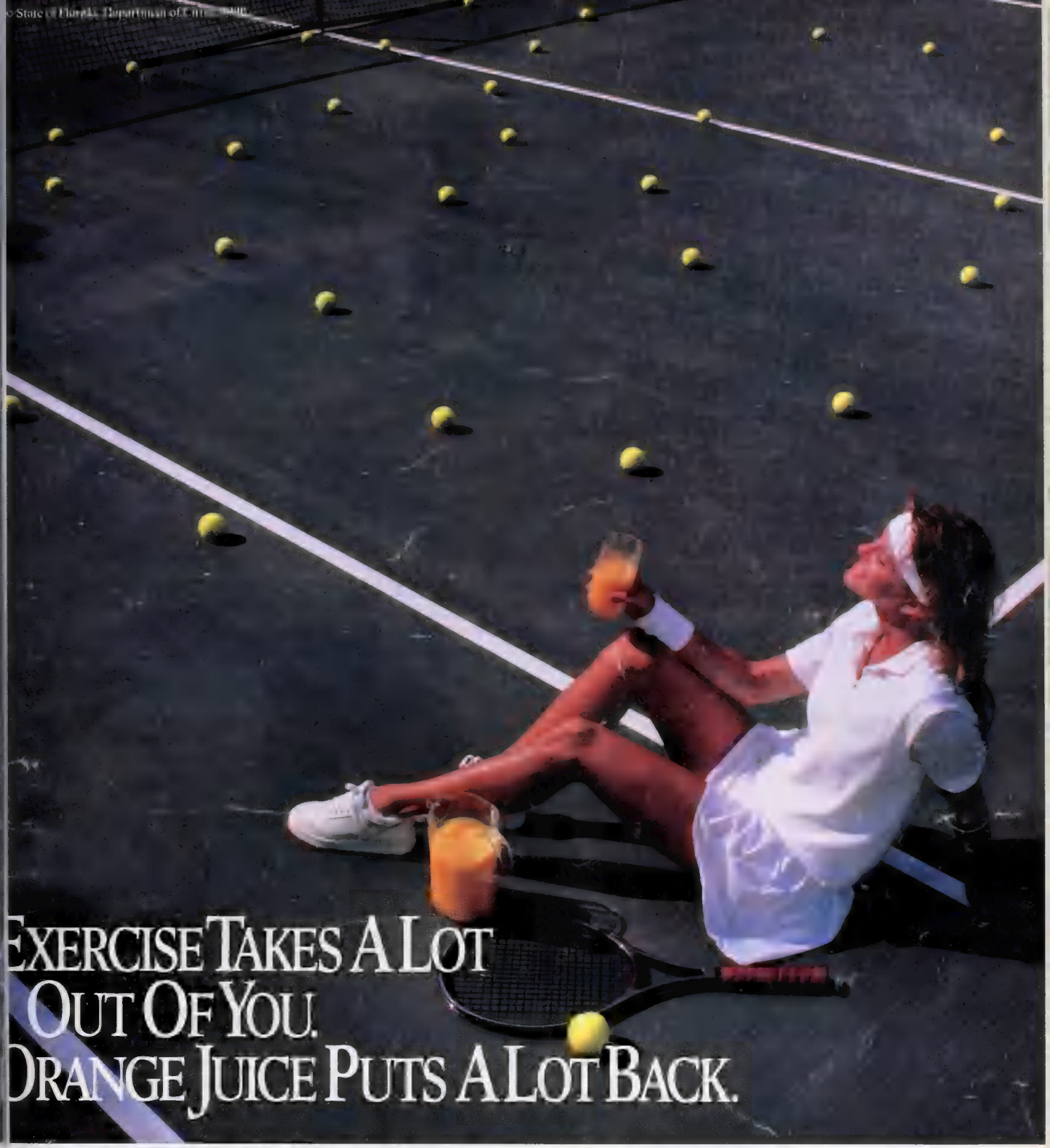


At any rate, a few moments in the limelight—and, of course, the prize money—are especially gratifying for a couple who started out with very little. While Linda raised the children and went to school, the Rahmans lived solely on Greg's salary. Like many families, they couldn't afford to buy all the extras they wanted, but they have no regrets about the choices that they've made. "I think that you can have it all," Linda says, "but I don't think you can do it all at the same time. It really is just a question of when you do what."

She stops herself for fear of sounding preachy and turns the conversation back to food. It seems that the men of the family are now following Linda's lead. If Linda has to work late, Greg will call her at the office to ask, for instance, if oregano is a suitable seasoning for red snapper. And, she reports with a laugh, Kevin and Brian now phone home, not to request money, but to ask, "Mom, can you give me a good recipe for lasagne?" ■



Winning form, from top: Linda demonstrates her technique and passes the taste test; Bake-Off emcee Willard Scott presents the top award to a delighted Linda; "The Cake" in all its glory.



Working out burns off potassium, a mineral that's important for normal muscle functioning. Orange juice is rich in potassium. So drinking it after working out is a great way to get the potassium back.

And there's a healthy number of other reasons to drink orange juice. In addition to Vitamin C, orange juice has folacin, which aids in the formation of new cells, including red blood cells.

Orange juice helps in the absorption of iron and calcium. And it's sodium-free, fat-free and cholesterol-free.

So when your workout leaves you feeling drained there's no better refill than orange juice.

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SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

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15 mg "tar," 1.1 mg nicotine av. per cigarette by FTC method.



19__ 19__ 19__ 19__ 19__



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These models need dates.

In the 22 years that Virginia Slims has been around, fashions have definitely come a long y. And to celebrate our anniversary, we have a challenge for you. If you're able to match ch of these Virginia Slims fashions to the year they first appeared, you'll be eligible to n $22,000 for your own shopping spree. And in addition to over $100,000 worth of other zes, everyone who enters can request a valuable coupon for Virginia Slims cigarettes.

If you'd like to give it a try, write for clues and an entry form to: Virginia Slims Match-Up quest, P.O. Box 1270K, Grand Rapids, MN 58745. Then think back to the days of platform shoes, ickers, and hip huggers. $22,000 might even make the disco look worth remembering.



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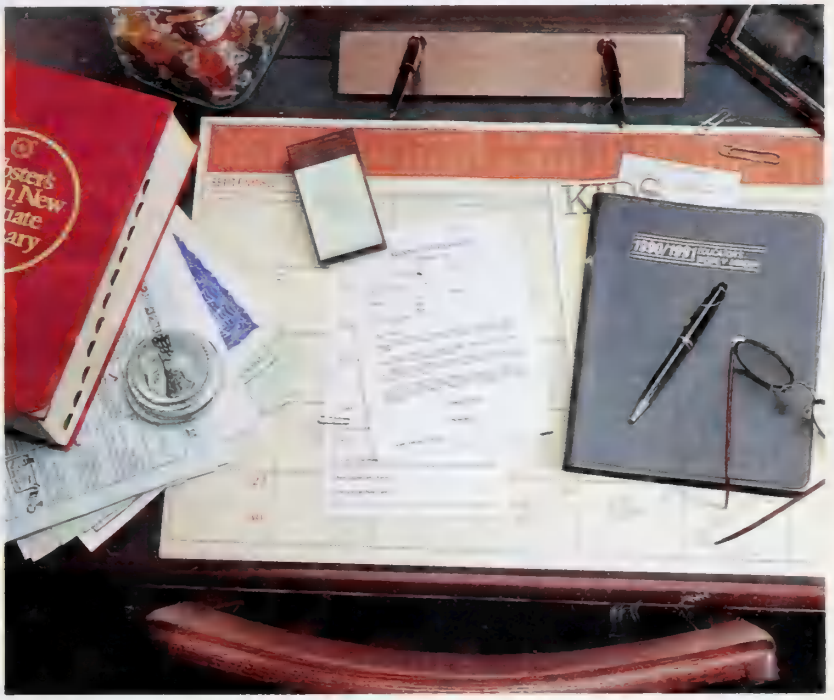


SCHOOL SMARTS

HELP YOUR CHILD MAKE THE GRADE

LHJ went straight to the principal's office to learn about the newest ways to help students succeed. A special report in conjunction with the National Association of Elementary School Principals and the National Association of Secondary School Principals. **By Jill Rachlin with Marianne Wait and Nancy Stesin**

Remember that terrible Sunday-night stomachache you suffered as a kid when you hadn't finished your homework? Well, third grader Wendy Horton, of Elizabethtown, Kentucky, used to have that feeling every day; she *never* seemed to finish. To break this pattern of procrastination, her principal and teacher asked her parents to help her get started and sign her assignments every night. The plan was a success; Wendy no longer has unfinished work hanging over her head, and she feels better about herself. "She has more self-confidence; she realizes, 'I can do this after all. I'm not stupid,' " says her mother, Becky.



The study solution for Wendy is just one example of a big trend in education—everyone from parents to corporate executives is getting in on the act. The National Association of Partners in Education, for instance, even helps bring pilots, doctors and others into classrooms to liven up math and science courses with a dose of real-life excitement.



TEACHER KATHRYN SMITH WELCOMES WENDY HORTON TO THE HONOR ROLL

But you don't have to fly a plane or cure the sick to help your child get excited about learning. New teaching techniques can offer valuable lessons for concerned parents. And who better to teach them than principals? With the help of the National Association of Elementary School Principals and the National Association of Secondary School Principals, *LHJ* presents the Principals' Five Principles for academic success—plus suggested "lesson plans" so you can make this your child's best year ever.

1. Teach thinking

"What use is a bunch of isolated facts without developing the ability to think and (continued)



reason?" —Jack Delaney, principal, Parker Middle School, Reading, Massachusetts

Boredom and frustration create many academic problems, particularly in reading, where kids have long been stuck practicing phonics before being allowed to discuss ideas. Now, however, educators are rediscovering an ancient learning tool: literature.

Since research shows that all children—regardless of skill level—are capable of and stimulated



by discussing ideas, California has moved to a literature-based curriculum for all grades. Third graders all over the state can read the charming *Charlotte's Web,* by E.B. White, for example, then talk about the meaning of friendship. "It is a curriculum for the heart as well as the head," says Francie Alexander, associate superintendent for curriculum instruction and assessment for California. "We want to develop understanding as well as make kids fluent readers."

At Parker Middle School, students apply their understanding beyond the pages of a book. When an eighth-grade English class read *Great Expectations,* by Charles Dickens, for example, they were asked to place the characters on a continuum: at one end, those who were simply surviving; at the other, those who had control and a measure of dignity. Students then had to defend their choices—a much more interesting lesson than sitting while the teacher drones on about the significance of each character.

■ **Your lesson plan** Parents can easily use this "whole language" approach at home, says Regina Birdsell, principal of Academy Elementary, in Madison, Connecticut. Read books with your child and discuss ideas, no matter how elementary a reader he or she may be. "This gives you a special time together as a family, and helps the child hear new vocabulary words and develop listening skills," says Birdsell.

Help your child learn to look for themes, and encourage him to draw conclusions from the material. Get her to use her imagination and speculate about what the characters will do next. Find a topic that interests the child—even if it *is* Robocop—and focus on that to elicit conversation and creative thinking.

2. Do—don't memorize

"If they do the problem or experiment, they're much more likely to remember and understand it."
—Sherman Craig, principal, Pittsford Middle School, Pittsford, New York

Educators are beginning to rethink the typical math and science curriculum that almost always favors "learning about" over "learning to do." Learning by repetition may enable kids to pass tests, but many students do not really understand what they are memorizing. The National Council of Teachers of Mathematics suggests that schools use board games, canned goods, even cookies as instruction tools and have children do more active problem solving.

First graders *(continued)*

MASTERING MATH



NANCY CASTELLANOS HAS NOW FOUND THE ANSWER TO HER MATH PROBLEMS

Last year, when Nancy Castellanos entered third grade, she was in the bottom quarter of her class in math at Middleton Street School, in Huntington Park, California. Unlike some of her classmates, she was still struggling with addition and subtraction. "She didn't know what to do when she would get stuck in math, and she would come to a dead halt," says her teacher, Ann Davis, who herself suffered from a serious case of math anxiety as a child. "She had pretty low self-esteem."

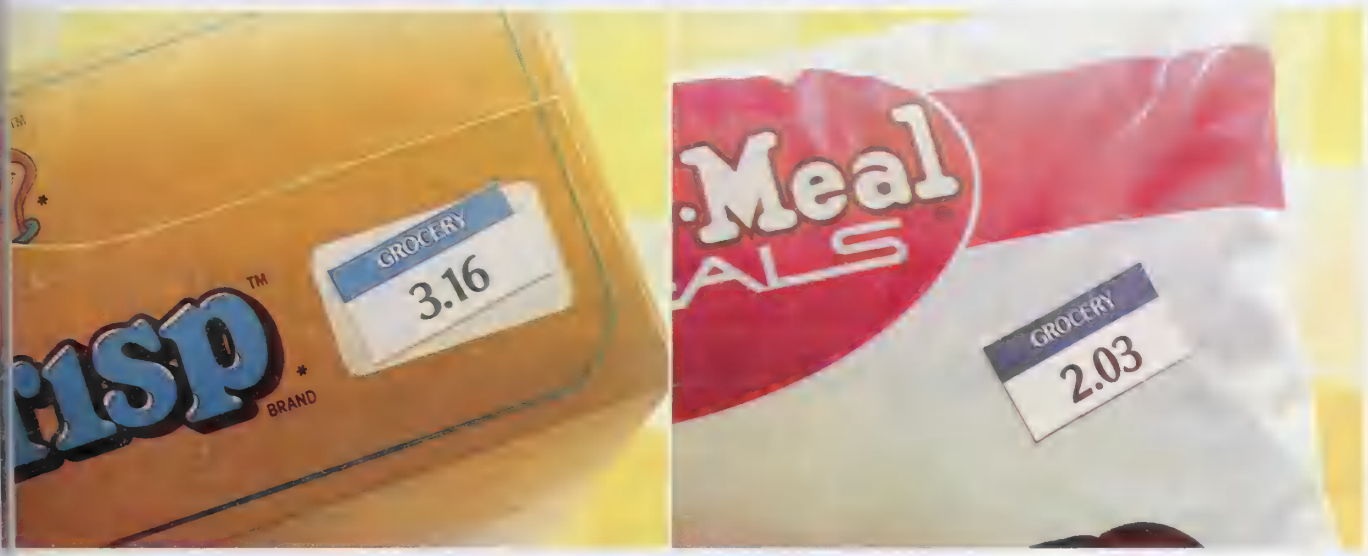
By the end of the year, Nancy was doing better. She had learned the relationship between numbers and abstract ideas by playing math games and solving oral problems. After class she visited the math resource lab for more practice; at home, her Spanish-speaking grandmother helped out. "She would bring me beans and take some away. That's how I know takeaway," says Nancy.

The result: Nancy earned B's and A's for classroom effort, and C's on tests. What's more, she's so intrigued by the numbers that once frightened her that she recently announced her new ambition: to be a math teacher. —M.W.

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(continued) at Middleton Street School, in Huntington Park, California, for example, counted the number of kids who wanted chocolate milk to illustrate the concepts of more and less. In high schools from Houston, Texas, to Portsmouth, Rhode Island, students conquer geometric formulas by using pegboards and rubber bands to create triangles and other shapes.

Kids are starting to get their hands on science, too. Eighth graders at Pittsford Middle School, for example, study the effects of the earth's rotation on wind direction using spheres, electric fans and paper. Although this approach takes longer and is harder to grade than traditional testing, by using real objects, students come closer to understanding the principles behind the facts. "It's not the answer that's important, it's the process," says principal Sherman Craig.

■ **Your lesson plan** Hands-on learning



doesn't have to stop once the school day ends, and encouraging it at home is less difficult than you might think. If you're planning to paint your house or buy a car, for instance, ask your child to use his math skills to calculate the cost. When traveling with your kids, ask them to figure the mileage. "What you learn in the natural context is probably going to stick with you the longest," says Takako Suzuki, principal of Middleton.

3. Build up confidence

"Kids remember who cared, not th they got that math problem right."

—Pegoty Lopez, principal, Oak Grove Mid School, Clearwater, Florida

In a crowded classroom filled wi kids of wide-ranging abilities, i often difficult for a teacher to gi each child the attention he nee But how adults treat a child c make or break his academic perf mance. If a child feels no one b lieves in him, he thinks less of hi self and doesn't do his work. Co versely, high achievers, usually beled "smart" or "gifted," begin believe that success will come nat rally to them.

Encouragement has made all t difference for fourteen-year-o Jinessa Granger. An average s dent in junior high, in an 1,8 student school in inner-city M neapolis, she was failing in nin grade. She *(continu*

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(continued) spent most of her time hanging out at a Burger King instead of going to class. Jinessa started attending classes with only twenty students instead of thirty-five, and began meeting once a week with her counselor as part of a special program for underachievers



who need lots of supervision and encouragement. And it worked. One semester later, she no longer cut school and was bringing home B's.

■ **Your lesson plan** Make sure your child knows you think he can handle school—and even excel at it. Emphasize his successes, not his failures. Teach him to say, "I can do it," rather than, "It's hopeless." "Once they know you care about them, kids start to take some of the responsibility and start caring about themselves," says Pegoty Lopez.

4. Play to strengths

"Every child, not just gifted ones, should be given the opportunity to build on their areas of strength, whether it's music or math."

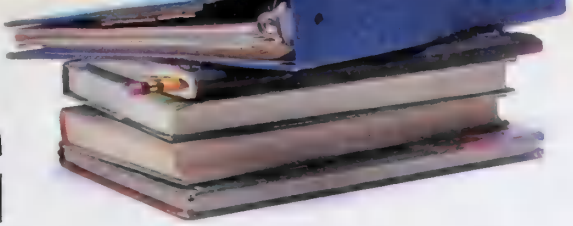
—Patricia Bolanos, principal, the Key School #97, Indianapolis

Parents—and kids—often think of learning as only the three R's, subjects to be studied in class and avoided after school. But now researchers like Howard Gardner, of Harvard University, are arguing that all kids can benefit from an enriched program that develops interpersonal, musical, spatial and movement skills as well. The Key School, modeled on Gardner's th ory, encourages students to lea music, dance and problem sol ing—as well as traditional ac demic subjects. The result: T class average on traditional sta dardized tests came in above t national average, even though t students are chosen random from every ability level from over the city.

Regardless of ability, kids w spend more time in class and such outside activities as hon work, extra reading and educati al hobbies do better than those w don't devote as many hours to th pursuits, according to Reg Clark professor of education at the Ca fornia State University, Fullert In a study of Los Angeles and Chi go public school kids, he found t the better students spent at le twenty-three hours a week engag in extra educational activiti while lower achievers *(continu*

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EVELING IN READING



HAEL THOMAS HATED READING, BUT NKS TO PRINCIPAL REGINA BIRDSELL, STORY HAS A HAPPY ENDING

When I found Michael's name on my class list, I was not thrilled about it," confesses Wilma Maus, Michael Thomas's fifth-grade teacher at Academy Elementary School, in Madison, Connecticut. "He was having both academic and social problems, and he got in trouble a lot." Although Michael scored high on I.Q. tests, he had always had reading-comprehension problems. But today Michael is a different child. He sits in a circle with his classmates, listens carefully and reads along as the teacher reads aloud. He often raises his hand to answer questions.

What's changed? Like many classes at Academy, Michael's class moved away from reading oversimplified selections from color-coded lessons. Now they use the whole-language approach, learning by reading and discussing children's novels such as *Voyage of the Mimi*, a whaling tale. "Michael's absolutely wonderful in a discussion group," says Maus. "He came up with things that I hadn't even thought of, because he was enjoying it."

How does Michael feel about reading class now? "I don't think of that as work," he says. "It's just reading for fun." He often stays up past his bedtime, reading by the clip-on light his grandmother gave him for Christmas. He loves adventure stories like *Encyclopedia Brown* and *The Hardy Boys*—and has even written his own, *The Lost Map* (about college roommates who find a treasure map of an old king), as part of the school's publishing program. Teachers and parent volunteers helped him edit, print out and bind his story.

While Michael's family was thrilled he had started to like school, it wasn't until the day his sister Meredith found him crying in his room that they knew things had changed irreversibly. No, he hadn't been in a fight. He had just finished reading Wilson Rawls's heartbreaking classic about a boy and his hunting dogs, *Where the Red Fern Grows*. —M.W.

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(continued) spent an average of seventeen hours a week.

■ **Your lesson plan** Make sure your child has a well-balanced diet of educational activities and that he spends enough time on them. Introduce her to educational hobbies in an enjoyable way. Build a model airplane with her, let him read the recipe and help you cook, enroll her in music lessons. Try to hold daily TV viewing to a specific time limit, and tear your couch potato away from the small screen occasionally for a rousing game of Scrabble or Candyland.

5. Be informed

"Parents need to find out what's being done in school. They have to ask questions and become more involved." —Don Garney, principal, West Warwick High School, West Warwick, Rhode Island



JINESSA GRANGER GETS GUIDANCE FROM COUNSELORS HELENE TURNBULL (LEFT) AND LYNN MCCOY (RIGHT)

When children fall behind in school, they are often held back or tracked into a slower group. But keeping kids back has been found to backfire in the long run—often causing them to perform even more poorly, skip school and drop out altogether (see story on page 80). And tracking by ability, though still popular, frequently dooms slower kids to rote learning and denies them access to ideas, according to Jeannie Oakes, co-author of *Making the Best of Schools* (Yale University Press, 1990).

Not every child learns the same way, and alternatives to holding them back are starting to catch on. Promotion plus tutoring seems to be one positive answer (for a closer look at tutoring options, see page 83). Today's classrooms are also using imaginative techniques to reach more youngsters. Cooperative learning is one alternative to tracking. Rather than separating students of different abilities, it throws them together to learn from each other. They tackle assignments in teams, instead of on their own.

■ **Your lesson plan** Don't accept the status quo. If your child is having trouble in school, explore the options. Find out what's bothering him. Is it the teacher? (For more on this, see story on page 73.)

As a parent, don't underestimate your own power to change things. At so-called choice schools, in many districts, parents have won the right to select the place their child will attend. And even in more traditional school systems, parents' voices are being heard. "Parents must understand they can be influential on school standards," says Parker principal Jack Delaney. "If we only see them when they want to argue about a grade, they are doing a disservice to everyone. And we shouldn't be hiding behind the class rank book, either. The parents should expect the teacher to speak knowingly about the child's strengths and weaknesses and be willing to do whatever they can to help him improve."

Maybe by working together, parents, teachers and principals can finally master the hardest lesson of all—how to make school a place kids can't wait to attend, rather than one they can't wait to leave.

A TOTAL TURNAROUND



TEACHER NANCY BROCK POINTS ROCKY CANTALUPO IN THE RIGHT DIRECTION

Two years ago, Rocky Cantalupo was an average fifth-grade student. But when his family moved from New Jersey to Clearwater, Florida, classes were harder, and he just couldn't keep up. He spent his days at Oak Grove Middle School dreaming of playing baseball. By sixth grade, Rocky's grades had tumbled from C's to mostly F's.

Help was at hand, however. Rocky was enrolled in the county's Model School Adjustment Program, which provides a "model environment" for learning. Though the aim is to reintegrate students into regular classes, many, like Rocky, want to stay. Here's why.

Although Rocky shares the same curriculum as others in his grade, class size is smaller and teachers focus on active learning. On "zoo adventure day," for instance, biology comes alive, and working in groups with M&M's makes learning to convert fractions to decimals and percents a little sweeter. Tutors give students even more individual attention. "They make it more fun," says Rocky.

He still wants to play major league baseball, of course, but now he's also willing to go to bat at school: Last semester Rocky made the honor roll. "Rocky doesn't boast," says his mom, Debbie, "but you could see the gleam in his eye." —M.W.

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ARE YOUR KIDS READY FOR KINDERGARTEN?



By Kathy Henderson



Many of us remember kindergarten as a time of carefree play, with a few choruses of "Old MacDonald" and some tempera painting thrown in for variety. Today, kindergarten can include everything from science to reading and writing, leading worried parents to ask, "How can we possibly help our child prepare?"

It's a question that frustrates many childhood-development experts, who fear that parents are rushing their children into programs that are too structured. "The process should be an active one of exploring, asking questions and learning by doing," says Guy Sims, principal of Fox Elementary School, in Columbus, Georgia.

Still, it's natural to want to do everything you can to make sure your kids get a good start. Fortunately, there are plenty of ways to help, none of which involves drilling a child in writing letters and numbers. We asked kindergarten teachers, principals and child-development experts for some practical, easy and—most of all—fun ways to help preschoolers pick up the skills and concepts that will help them enjoy kindergarten. They advise the following—and veto any frantic training programs. Just think of these as extra ways you and your child can enjoy being together.

■ **Talk with your child every day.** This sounds simple, but how many parents set aside even fifteen minutes for concentrated, undistracted conversation with their preschoolers? That's the top suggestion of Gary Salyers, principal of Linwood Elementary School, in Milwaukie, Oregon. Ask questions, talk about what you've both been doing, and share jokes and riddles. Every conversation builds vocabulary and helps kids speak in complete and increasingly complex sentences.

■ **Widen the horizons.** Take your child along on daily errands, and talk about what you're seeing and doing. Observe things together—an unusual mailbox, a lush garden, an attractive store display. Getting to know your neighborhood also gives a child a feeling of security. Point out all the local landmarks along the way.

Take short trips together. If you live in the city, visit the country, and vice versa. And don't overlook those old standbys kids love: natural-history museums, the zoo, the circus.

■ **Read, read, read.** Daily reading "helps kids understand that books are fun and that the printed word means something," says Susanne T. Holloman, Ed.D., principal of North Mianus School, in Greenwich, Connecticut. Be patient with demands to read a book again and again; it's a sign that your child is really interested. Let your youngster see you reading, too.

To develop imagination, ask your child to predict the ending of a book, talk about the characters, describe the pictures or tell the story in her own *(continued)*





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(continued) words, suggests Nannette Rhodes, a kindergarten teacher in Marietta, Georgia.

■ **Play counting games.** Instead of memorizing numbers from one to ten, your child can count with you—the number of steps from



your car to your door, the number of green items in the room. A big sister will enjoy talking about what age she'll be when baby brother turns three or four. (After all, she'll be even older!)

■ **Use everyday tasks to reinforce abstract concepts and observation skills.** Enlist your child's help in sorting and matching the laundry. You'll be preparing her eye to recognize the alphabet, says Sue Bredekamp, director of professional development for the National Association for the Education of Young Children, in Washington, D.C. Call out Grandma's phone number, and ask your child to dial it. Let kids fool around with measuring spoons and cups to learn ideas like more and less, large and small.

■ **Learn through play.** You don't have to buy expensive toys to develop cognitive skills. Teachers still recommend old favorites like Candyland and Old Maid, and new ones like oversize picture dominoes.

Choose games that improve motor skills, too. Let kids dig into modeling clay to strengthen hand muscles needed for writing. Stringing beads, using scissors, stacking blocks and catching a ball develop eye-hand coordinatio which is vital in learning to rea (Surprisingly, some experts thin that video games can help in th area, too, but they do caution pa ents to limit playing time and play the games *with* your kids.)

■ **Expose your child to kids his own ag** It's vital in the development of s cial skills. Go to a local pla ground, or just make sure yo child hangs out with kids in t neighborhood.

■ **Encourage independence and respon bility.** Here's the tough one for bu parents, who may find it easier do everything *for* their preschool than to wait for them to acco plish small tasks. But kids who a given responsibility and consiste positive discipline usually devel the good self-image kindergart teachers like to see. Says Hol man, "If a child understands lim and is comfortable with himse we can do the rest."



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WHAT TO DO IF YOUR CHILD HATES THE TEACHER



Lucia Solórzano

No individual can make or break the school year faster for a child than the classroom teacher. More directly powerful than the principal, curriculum or textbooks, a teacher can spur a struggling student to feel like Einstein or turn a promising scholar, maybe permanently. Still, no system, public or private, can guarantee a pedagogic dragon for your child every year, and most parents are willing to accept a year or two in which the teacher is less than inspiring or even unfriendly. Such attitudes aren't actually harmful if your child is relatively happy in school and is making academic progress.

But what if your child is in trouble—he says he hates the teacher or his grades have plummeted or he feels ill every morning when the school bus pulls up?

If you suspect that your child does indeed have a genuinely abusive teacher, you should complain at once to the authorities—the principal or even the police, in the case of actual violence or serious threats. Approach the principal right away as well if you believe *(continued on page 78)*



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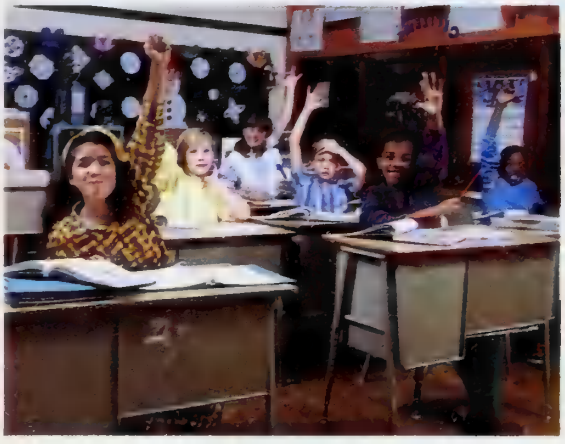
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(continued from page 73) your child is being subjected to psychological cruelty.

However, principals estimate that 90 percent of "teacher problems" can be resolved peacefully. The first question Jack Delaney, principal of Parker Middle School, in Reading, Massachusetts, asks when parents come to his office is: "Have you talked to the teacher yet?" Very often, "mean Mrs. Smith" turns out to be a strict but dedicated educator who wants to work with you to help your child. Experts also recommend that you try to leave your child in the class unless the situation is very damaging. Says Cheryl Knutsen, a guidance counselor at Edison High School, in Alexandria, Virginia, "Just moving the student from the classroom does not help him develop the coping skills he will need later in life."



LHJ talked to principals, guidance counselors and other experts to find out how you can be a savvy negotiator with your child's teacher. Here are their tips.

Investigate the problem. These steps will help you to better evaluate your child's complaints.

■ *Talk to your child.* Which homework problems doesn't she understand? What exactly did the teacher say? Examine her schoolwork—did the teacher make errors in grading, or scrawl cruel comments? Besides assembling the information you need to be an effective advocate, you're showing your child that you take his concerns seriously. Such support is half the battle in diminishing the problem, experts say.

■ *Visit the class.* The teacher will most likely be on her best behavior, but what you see may still shed new light on your child's version of the story: For example, what a youngster interprets as constant yelling may simply be a brisk, no-nonsense teaching style.

■ *Talk to other parents and students.* Have they had similar problems with this teacher? How have they solved them?

Make an appointment with the teacher. If you've prepared sufficiently, you should be able to approach this meeting calmly. In fact, you may be relieved to find out the teacher also recognizes there is a problem. "It's a collaborative process," says Terry Mehrer, a teacher now working with the New York City Teachers' Center Consortium, an organization involved in implementing new programs in the city's public school system. "It's not parent against teacher or teacher against parent."

Stick to specifics instead of making vague accusations. This allows the teacher to focus on your concerns instead of spending the time defending herself. A sample conversation might go like this: "Mrs. Smith, I'm afraid that Johnny isn't happy this year. I know you like to maintain a disciplined classroom, and that it really helps the kids learn, but Johnny is afraid that you don't like him" or "Miss Jones, have you noticed that Jennifer is floundering in math? She's struggling with the homework. I'm worried that the classroom lectures are too fast for her."

Decide on a plan, and stay involved. Perhaps the teacher will agree that she has been a bit severe and offer to correct Johnny in a more kindly manner—maybe single him out for praise once in a while. Jennifer's teacher might revise her lesson plan and give Jennifer math problems you can help her with at home. Monitor the situation for a few weeks and meet with the teacher again if you have to.

And help your child come up with strategies to cope, says Nancy Berla, Help Line director at the National Committee for Citizens in Education, in Columbia, Maryland. "Sometimes the child will be able to live with the situation."

Talk to the principal if the problem persists. You should allow at least three weeks for some improvement. Then, if things aren't better, visit the principal. Again, be very specific. "Try to write down all the things that have happened—names, dates, behaviors," says Nancy Berla. This will strengthen your case that something's wrong.

Keep expectations reasonable, and you'll get the most cooperation, says Karin Falkenstein, principal of the Ottawa [elementary] School, in Buchanan, Michigan. Your aim is to enlist the principal as your ally in further negotiations with the teacher.

It's inadvisable to start by demanding that a teacher be dismissed, Falkenstein adds. If you go in with guns blazing, you automatically make the principal your adversary. Remember also that firing a tenured teacher can take months, even years, and is only done for the worst offenses. It does nothing to help your child get through the present crisis.

But above all, never be defensive about standing up for your youngster, says Allan Shedlin, Jr., executive director of the Elementary School Center, a nonprofit research group in New York City. "No apology is necessary for wanting to improve the situation for your child."

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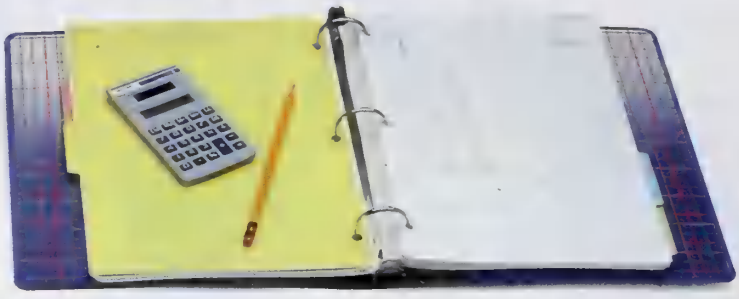
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WILL STAYING BACK HELP OR HURT?

By Lucia Solórzano and Andrea Atkins



The new school year shines bright with promise for most kids, but for an estimated 2.4 million public school children it will, literally, be a repeat of last year. By their freshman year in high school, up to half of all U.S. students flunk or repeat at least one grade. So entrenched is this policy that the numbers have been steady for the last ten years.



Educators have long relied on so-called retention to give young children another chance to mature and to keep problem students from falling further behind. Wary parents have usually gone along, believing they were doing the best for their child.

Some educators have always been against the idea, however, and a debate over retention has raged for years. Lately, opinion seems to be shifting as a body of research emerges showing retention may hurt rather than help. According to an analysis of sixty years of research by C. Thomas Holmes, Ed.D., professor of educational administration at the University of Georgia at Athens, those who repeat do no better than similar students who proceed to the next grade. In fact, some researchers now say that students who repeat are 20 to 30 percent more likely to drop out; that's the conclusion of Lorrie A. Shepard and Mary Lee Smith, co-authors of *Flunking Grades: Research and Policies on Retention* (Falmer, 1989), after several recent studies.

Critics say that too many students are traumatized by repeating, and their damaged self-esteem makes subsequent learning more difficult. Staying back terrifies kids: In a study published in 1984, six- to nine-year-olds rated the prospect of repeating as being more stressful than wetting their pants in class or being caught stealing. Going blind and losing a parent were the only two situations that children found potentially more threatening.

Moreover, detractors contend that students are usually stuck with the same teaching methods and materials that failed them the first time. Says Jack Frymier, senior fellow with Phi Delta Kappa, an educators' organization, "In more than eighty-five percent of the cases, the school doesn't do anything different."

Now, however, school districts across the country *are* beginning to question automatic retention—and coming up with alternatives.

The new wave

"Promotion plus tutoring is the best intervention," says Lorrie Shepard. The student gets the extra boost he or she needs without the shame or frustration that often accompanies retention.

Major school districts are trying this approach. For the last nine years, New York City had systematically held back a large number of students who did not pass rigid "promotional gates" at the end of the fourth and seventh grades. Officials announced in May that they would instead *(continued)*

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But ask your kids and they'll tell you that Benadryl relieves the runny nose, sneezing, itchy and watery eyes and other upper respiratory allergy symptoms that make them feel bad. After all, who knows better than your doctor?



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(continued) give all failing students extra classroom help and a remedial summer program.

Many states are trying new twists on tutoring. A number of districts have created "special skills resource rooms," where students with difficulties in certain subject areas can go for extra help from teachers and peers during the school day. Bonus: Top students also go to these rooms for skills enrichment, so there is no stigma attached.

Some schools are applying retention more selectively. Virgil Funk, principal of Lowman Hill Elementary School, in Topeka, Kansas, postpones the decision to retain until the start of the next school year. Students are given a chance to try the new grade for six weeks. Then those few who still have problems are urged to try moving to their earlier grade for a week. It usually works out that they feel more comfortable and elect to stay back, says Funk.

A system like this ensures that retention is targeted to those who might be helped. For example, sometimes a student who has missed a lot of lessons due to illness benefits from repeating the entire year.

Not every alternative works, however—for instance, so-called transitional grades. These are intermediary steps used at critical junctures such as promotion to first or fourth grade. After kindergarten or third grade, students who are not ready for full promotion are placed in a class where they receive special help until they are able to perform at grade level. Lorrie Shepard says many educators think this program is just a euphemism for retention. Most students don't make it out of the special class till the end of the year.

What should you do if confronted with a recommendation to retain your child? First, get to the bottom of the problem. Then present some of the new research and ask that the school explore alternatives.

■ Is the trouble academic? Perha your child failed an important sta dardized test. Suggest another an ysis based on school performance. grades are the problem, ask th your child attend summer school receive tutoring and be reevaluat in the fall.

■ Is "immaturity" the stickin point? Many districts cite this excu to hold back kindergartners and fi graders. Look hard at your chil behavior outside school and see if t school's perception jibes with you If not, point out to the officials th research shows many immature ki catch up anyway.

If your child is allowed to mo ahead, stay involved. Work wi the teacher and principal to co up with a program to ensure pr ress. But most important, do let a decision to retain be tak lightly; it could mean a future failure for your child.

A Quaker Chewy® Granola Bar has 1/3 less sugar,



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'HE ABCs OF TUTORING CENTERS

r Andrea Atkins

alfway through tenth grade, Chuck Cagno, of Stratford, New Jersey, was doing so poorly that he was sure he'd have to go to mer school—for the second year a row. His parents, Charles and ol, had already tried talking to teachers and his guidance coun- r, putting him in a less challeng- academic track and even sitting n him while he did his homework. hought I was stupid or just not ng enough," Chuck says. inally, his father, an electronics- pany executive, decided to ap- ach the situation from a business- n's point of view. "I thought, What would I do if this were a problem in my business? I would hire a consultant to find out what's wrong." The Cagnos turned to a for-profit learning center to help their son. After a few months of intensive after-school and weekend sessions in which Chuck worked on study skills as well as his academic subjects, his grades rose to the B range.

More and more, concerned parents like the Cagnos are shelling out big bucks to learning centers whose promos claim they can solve the academic problems that schools can't fix. No longer strictly the province of moonlighting college *(continued)*



James Roderick

CHUCK CAGNO AND HIS DAD GIVE TUTOR SHARON PRIEST AN A+ FOR HER EFFORTS

which makes that candy seem a little less dandy.



Enlarged illustration

Compared to the five leading chocolate candies, an average Quaker Chewy Granola Bar , ounce for ounce, 1/3 less sugar and 1/3 less fat. And it comes in eight delicious, whole- varieties your kids will love, like Raisin & Cinnamon, Peanut Butter, and Strawberry. So a better lunch with Quaker Chewy. Because all that sweet stuff isn't quite such neat stuff.

Know the facts about snacks.
Choose Quaker Chewy.®



(continued) students and teachers, today's tutoring is a sophisticated $100-million-a-year industry. More than one hundred thousand students enrolled last year (up 16 percent from the year before) with one of the three leading national chains: Sylvan, Huntington and Britannica. And in communities around the country, smaller privately owned tutoring companies are springing up faster than you can say "report card."

Many educators are bothered by the fact that these programs are so expensive—centers charge about $30 an hour. The average bill for six months' worth of



tutoring—the typical length of time kids stay with a program—runs $1,600. You may be able to arrange a scholarship or a deferred-payment plan, but the prices put tutors out of reach for many.

Is the investment worth it? While there are many success stories like Chuck Cagno's, no long-range studies of effectiveness have been done. Most educators agree that anyone can benefit from some individualized instruction, however, and the chief selling point of learning centers is that they offer easily available help for as long as it's needed. You may be able to give your child the same attention at home, but many parents don't feel they have the time or expertise to help their children improve.

Before you sign up, keep in mind that learning centers are a profit-making, largely unregulated industry whose success depends on finding students with problems. Check with your Better Business Bureau or your child's school to see whether there have been any complaints about the center you're considering.

Here are some additional tips for deciding whether a learning center is right for your child:

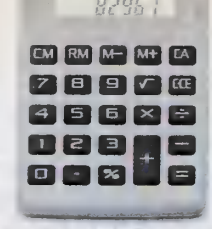
■ **Visit the facility.** Most centers offer a free consultation. They may then suggest a diagnostic test, but before you agree, find out who designed the test and ask your child's guidance counselor or teacher about its validity. Ask, too, how much the test will cost—it's usually about $95. And make sure the tutor is qualified—not just a well-meaning adult. Coaches should be certified teachers or have a degree in the academic specialty they're tutoring.

■ **Inquire about the program's philosophy.** Both Sylvan and Britannica motivate kids by letting them earn tokens that can be cashed in for products at the centers' stores. Huntington, however, feels kids should work for the incentive of learning as its own reward. You have to decide which approach would work best with your child—and your own conscience.

■ **Ask when you will see results.** The answer will depend on your child's case, but beware of promises. Nobody can make guarantees.

■ **Be sure you understand the payment plan.** Some centers offer a discount if you pay in advance for a long-term program. But don't be lured unless you're sure you can get your money back for unused sessions if you want to withdraw.

■ **Don't forget the traditional options.** Ask your child's guidance counselor if the school provides tutoring. Or try to find a tutor at your local college—it might be cheaper. ■



THE HOMEWORK HANDBOOK

For parents, the hardest part of homework is knowing when to lend a hand—and when to stand aside. Your best bet: Help your child develop these smart study strategies.

WHAT YOU CAN DO

1. Set aside a quiet area. Choose a well-lighted desk or the kitchen table; don't fall for the old "I can study just as well in front of the television" routine.

2. Designate a nightly study time. This will lessen the temptation to procrastinate. Make each day from four to six, for example, time to hit the books—and enforce the rule.

3. Ask questions. Talking about an assignment will help your child identify what he's supposed to learn and develop ideas.

4. Be encouraging. When a child is overwhelmed by the amount or difficulty of work, reassure him—and help him get organized by making a list of tasks and how much time each will take.

5. Keep your distance. Remember that a child must learn for herself. Show confidence in her abilities: Be available, but wait for her to ask for help.

WHAT YOUR CHILD CAN DO

1. Preview what's ahead. Reading introductions, headings and summaries will help your child find the central themes and focus on what's important.

2. Take notes. Notetaking improves concentration and helps your child distinguish between details and main ideas. The notes will later make a great study aid.

3. Look it up. If she doesn't understand something clearly or wants to know more, show her how to find information in the dictionary or encyclopedia.

4. Self-test. Your child should quiz himself to see what he needs to review. He can use questions from the book or use his own notes to make up new ones. —M.W.

1990 S-VC



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PARENTS' JOURNAL

A guide to child rearing in the nineties. By Mary Mohler and Margery D. Rosen

THE WAY THEY ARE

■ Seven A.M. A young mother chases her four-year-old son from room to room, finally wrestling him into his clothes. "I hate them, they're tight and scratchy!" the child screams.

■ Across town, a father tries to help his thirteen-year-old daughter pick an after-school activity. "But they're all stupid," the teenager announces, "and I won't join any of them." "What's wrong with you?" asks the father, trying to control his temper. "Your sister joined many clubs in high school and loved every one of them."

■ After nursing her baby, a new mother tucks the child into a Snugli, then walks to the museum to meet her husband for a rare midday "date." The baby cries and fidgets the entire time. "I guess we just have a difficult baby," says the worried mom.

While the conflicts in these three families may appear unrelated, some of the newest research in child psychology reveals that the issue of temperament—a person's innate characteristics, the style with which she acts and reacts—is at the heart of each. Is a child high-strung or passive? Friendly or shy? Is she sensitive to noise, color, even the feel of different fabrics? These are all aspects of temperament.

"A baby brings his or her own emotional predispositions into the world," says Carroll Izard, Ph.D., professor of psychology at the University of Delaware. "While a mother can influence these traits, she cannot always change them."



What's more, researchers now believe that if parents learn to understand and respect their child's temperament, they may well avoid myriad family battles. "If a child's innate emotional style does not fit comfortably with the parents', the resulting clashes can be frustrating and guilt-provoking," says Stella Chess, M.D., professor of psychiatry at New York University Medical Center and co-investigator on the New York Longitudinal Study, a landmark project that traced the development of 133 children for thirty years.

"When the same battles erupt over and over again, parents often wonder what they're doing wrong," Chess says. "The answer, many times, is nothing. Only about fifty percent of the parents in our study had a spontaneously good temperamental fit with their youngsters." But even when the fit's less than perfect, parents can minimize the problems:

■ Remember that a child's temperament is the way he *is*; it is not a reflection on you as a parent. "If a parent takes a child's temperament personally, there might be trouble," says Chess. She notes that the new parents mentioned above didn't have a temperamentally difficult infant at all. On the contrary, the child slept deeply, ate regularly and was naturally quite calm. In most families, he would have been considered a dream child. His parents, however, were extremely active and enjoyed taking him everywhere they went. With his natural sleeping and eating cycles constantly interrupted, the baby became overtired and cranky. Rescheduling activities around the baby's naptime—or getting a baby-sitter—would be better.

■ Allow for the possibility that some unexpected factor may be affecting your child's behavior.

The boy who hated to get dressed in the morning was displaying a very common temperament trait: sensitivity to the feel of fabric. Once his mother allowed him to wear comfy sweatpants, the morning clothing battles finally subsided.

■ Expect a certain amount of negativity—this will occur with any child, regardless of temperament—and avoid overreacting and making your child think you dislike *him*, rather than the way he is *acting*.

■ Be realistic. If your child is shy, don't expect her to walk calmly into a room full of strangers. The father of the reluctant club joiner might have had better luck if he'd suggested she pick one activity and attend, say, six sessions, after which she could quit if she really hated it. This would have taken his daughter's individual temperament into account.

■ Finally, seek professional help if you can't resolve these temperamental differences on your own.

—NINA SCOTT

Lauren Rutten-Sorokin

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A TIME FOR ~~DISCIPLINE~~ love

By Harry Stein



ONE FATHER'S STORY

"I want a watch!"

I gazed across the dinner table at my five-year-old son, his look a mix of determination and preemptive defiance—all too familiar. "A real one," he added, "that really works."

I set down my fork and spoke with the exasperated calm we parents reserve for such occasions. "Charlie, watches are expensive. Why . . ."

"I need one," he insisted. "Grown-ups have watches." He paused. "You have one."

"You can't even tell time," observed his older sister, Sadie.

"Sadieee, be quiet!" screamed Charlie, waving a fist at her.

"Look, Char," I chimed in brightly, "here's the deal: If you learn to tell time, we'll get you a watch. Okay? I'll teach you." A nice mix, I thought, of flexibility and firmness.

"No!"

"No?"

"I don't care what you say," said Charlie, slamming down his fork and making ready to bolt from the table. "You're mean!"

To hell with flexibility. "I'm warning you, Charlie. Leave the table and you're in big trouble."

"I don't care."

Thus began a two-week running battle, the kind that would suddenly flare up during a lull in a car ride or as I moved in beside him for a good-night snuggle, even after he'd just gotten something else he wanted.

Not that I was surprised. While in most ways Charlie is an utterly winning child—curious, direct, full of antic good humor—subtlety has never been his strong suit. Ever since he was in diapers, his response to being thwarted has generally been to (a) lash out physically, then (b) engage in some form of civil disobedience, then (c) slowly and skillfully embark on a campaign to win us over.

No, the only surprise had been that my child-rearing strategy, which had always worked so brilliantly with my firstborn, could now so often prove utterly useless. Where his sister, three years older, seems to know that human relations are basically a matter of emotional *quid pro quo*, "Mr. Now" seems never to give a thought to how his behavior might affect others.

The easy explanation is that this is pretty much a boy/girl question. Indeed, on the basis of widespread anecdotal evidence from our many friends, boys *do* tend to be harder to handle at this age, while girls—we hear with mounting dread—even things out in adolescence.

Still, we find ourselves wondering whether the way we parents treat our kids might not come nearer the heart of the matter. My wife, let's face it, is a sucker for every one of Charlie's tricks and tends to be much firmer with our daughter, in whose very occasional lapses she sees aspects of her former self.

With me, it's entirely the other way around. If Sadie announced she'd just committed a murder, I'd ask her why, assuming she must have done it for a good reason.

And invariably I fancy that I *know*, indeed *remember*, precisely what Charlie is up to, and so rush to take the hard line, flattering myself by thinking he secretly craves the structure and sense of order such discipline is designed to reinforce.

Still, like many fathers dealing with sons, I can't help asking . . . How harsh is too harsh? What, in the end, constitutes an appropriate dose of fatherly discipline and what the exercise of power for its own sake? If, as the French have it, each child is born with "a Mozart within," how do I nurture the little Wolfgang without encouraging the little John Dillinger?

The trick, I suppose, is in recalling more about ourselves than that which comes most readily to mind; in recognizing how often the swagger and bravado mask a profound sense of powerlessness. After all, isn't the point of discipline to provide instruction and guidance in the extraordinarily complex business of putting oneself in another's shoes?

Days later, it struck me with the clarity of revelation: Why *shouldn't* Charlie have the damn watch?

So I got one for seven dollars. On it is Alfred E. Neuman in a straitjacket, his legs serving as hands. I presented it to Charlie after dinner—he was immensely pleased and nonchalant—and we spent twenty minutes making holes in the band so it would fit snugly. He has worn it every day since, regularly checking the second hand ("the quick hand," he calls it) to make sure all is in order.

"What time have you got, Papa?" he asked again, just a few minutes ago. I checked my watch. "A little past three. And you?"

He checked his. "The big leg's on five, the little one's on eight." He paused. "A little past three."

Elke Zimmer

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PEDIATRIC HEALTHLINE

■ I received a notice that my five-year-old needs a second measles shot. She has a cold right now. Will that be a problem?

Doctors seldom allow minor infections, such as the common cold, to delay administering routine immunizations. However, a child with fever that is associated with a more serious illness should have her immunization postponed until recovery. Adverse reactions to the vaccine may be accentuated by the illness, and common side effects from the vaccine may be difficult to differentiate from symptoms of the disease. (The degree of seriousness of any illness should be based upon the clinical judgment of your physician.) Incidentally, this booster shot is now recommended—and in some places required—for all children entering grade school or junior high. We have seen a disturbing increase in measles in the last several years—more than fifteen thousand cases in 1989, and this year's numbers are well ahead of that pace. Cases are occurring in significant numbers in older children who were considered properly immunized in the past; thus, protection from measles by immunization may not be as durable as had previously been thought. —Michael J. Muszynski, M.D.



ASK THE DOCTOR

Got a question about your child's health? Ask the doctors on the Pediatric Healthline at the Arnold Palmer Hospital for Children and Women, in Orlando, Florida. Call 800-727-9434 any Tuesday between six P.M. and nine P.M. Eastern time.

■ My one-year-old daughter has a really yellow cast to her skin. Someone told me it's because she eats too many vegetables. Is this possible?

Eating a lot of yellow vegetables, such as squash, carrots and sweet potatoes, can cause a yellow cast to the skin, a harmless condition known as carotenemia. (Carotene, the body's source of vitamin A, is found in high quantities in yellow vegetables.) However, other conditions may cause yellowing—for example, jaundice (and liver dysfunction or liver disease)—and should be ruled out by a doctor. —Joseph Chiaro, M.D.

KIDSPEAK: A PARENTS' GUIDE

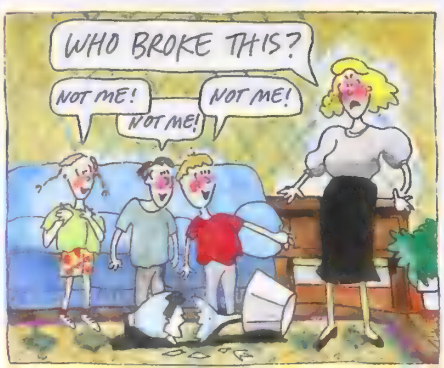
WE KNOW: YOU COME AWAY FROM A CONVERSATION WITH YOUR ADOLESCENT CHILDREN WONDERING HOW THEY MANAGED TO ENROLL IN A FOREIGN-LANGUAGE CLASS ON THE SLY. BUT TAKE HEART—THEIR NEW FORM OF SPEECH CONTAINS LESS THAN A DOZEN PHRASES. MASTER THESE—ALONG WITH THE APPROPRIATE NUANCE OF TONE AND GESTURE—AND YOU CAN COMMUNICATE WITH ANY PRETEEN OR TEENAGER IN THE ENGLISH-SPEAKING WORLD

NO ONE The boy that your daughter has been dating for the past six weeks.

NO ONE AT ALL The same boy, only now he has acquired a motorcycle.

OH, DAD This means, "I know you've told me before, but are you *sure* I'm not adopted?" Your offspring will also use this phrase in the company of peers when you try to tell them a joke or entertain them.

NOTHING This can mean, "Oops, we have set little Jimmy on fire" when used in response to the question "What are you and Jimmy doing?" *Nothing* can also mean the several thousand dollars' worth of video games and other toys in your child's room when included in the phrase "There's nothing to do in this place."



NOT ME This means "me," as in "Who broke this antique porcelain vase?" "Not me." "No, I *really* want to know who broke it." "Not me."

IN A MINUTE A period of time not less than forty-five minutes and not greater than two hours. Often used after son or daughter has been directed to do chores. (A good phrase to learn; it means the same thing in Adultspeak, where it is used frequently by people who work in doctors' offices and retail stores.)

I SAID, IN A MINUTE By the next vernal equinox.

YEAH "Leave me alone."

OKAY "Please go away."

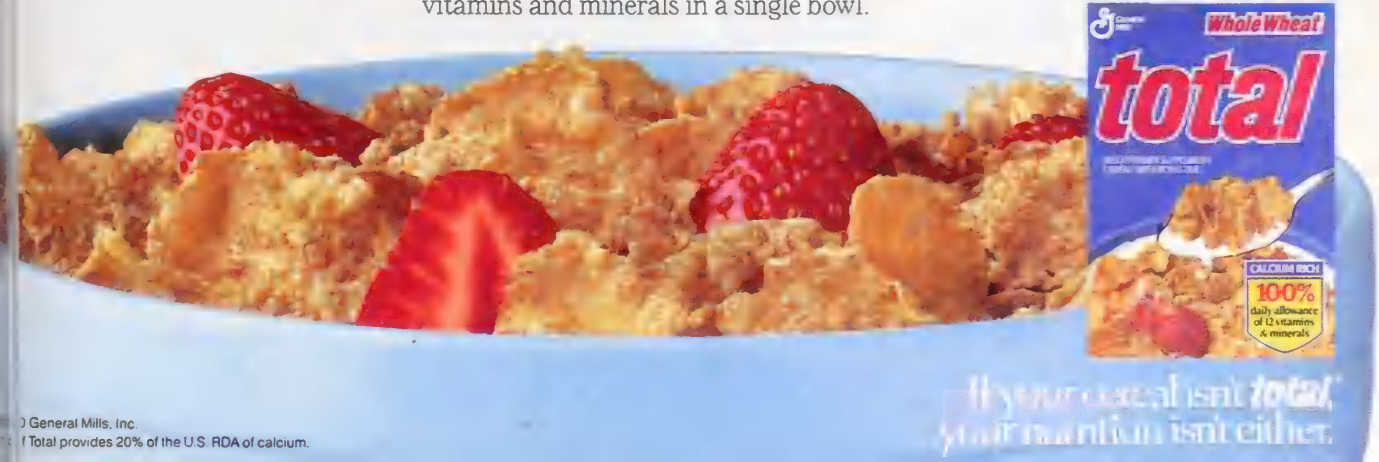
RIGHT "No matter what you say, I'm sure I was adopted."

—JOE MULLICH

Elke Zimmer

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WHAT'S HOT

CAROL BURNETT COMES HOME

She tickled audiences in the seventies with slapstick antics and wholesome appeal. Now she's bringing her good humor back to prime time

By Eric Sherman

MARY TYLER MOORE BOMBED . . . THREE TIMES. DICK VAN DYKE went *pfffffft*. The two Valeries—Harper and Bertinelli—tumbled so fast this spring they became a blur. Even *Lucille Ball*—beloved Lucy—failed when she tried a sitcom comeback a few years ago.

Television has tripped up many a comedy icon who tried to launch a new weekly series. So when Carol Burnett decided to test the treacherous waters with a late-season series in March, Hollywood pundits licked their lips in anticipation. After all, it had been twelve years since she'd been on the air with her hit variety show. And she was trying a risky new format: no regular characters to which an audience can grow attached; no consistency from week to week. Poor Carol, the prognosticators said; she's doomed to failure.



But *Carol & Company*—to everyone's surprise—became one of the biggest hits of last season (and it returns with new episodes this fall on NBC). So how is Carol enjoying her last laugh? On this particular day, she's under the weather with a touch of the flu. The bug does little to dampen that celebrated Burnett spirit. Sitting in a nearly deserted Los Angeles deli, wearing a loose beige sweater and purple slacks, she seems eager to discuss the show's spectacular debut.

"I would not be telling the truth if I said I hadn't been concerned," admits Carol over a late-morning pancake breakfast. "We were going to try the hardest thing to do—in essence, to write an original comedy every week. But at least we didn't come back trying to play it safe. If it flopped, it would be a noble flop. I think I would rather flop with something I enjoyed than succeed with something that I didn't."

What she didn't enjoy were all the sound-alike sitcom scripts people sent her over the years. Inevitably, she would be playing roles like a feisty grandmother who decided to go back to college or whose daughter suddenly returned to the nest. *Yech*. She preferred to do an anthology series, but the TV execs weren't interested. She watched, she says, as their eyes glazed over. Only when she hooked up with Disney and executive producer Matt Williams, who'd left *Roseanne*, did the idea catch fire.

Even with the go-ahead from NBC, though, launching the series was difficult. "It was a tough birthing," Carol admits. Although she is now part of a regular ensemble of six actors, the first four shows were shot with different supporting casts and directors each week. It didn't take long to realize that things weren't working as well as she'd hoped. "I felt a bit like I was treading on quicksand every week," she says. "It was frightening, because I would just get comfortable with some of the others, and then I'd say bye-bye. I felt almost as if I were a kid whose parents kept moving. I'd go to a new school every week and have to make friends with the new kids." Carol and the producers shut down and scrambled to find the current repertory cast.

Although the show was developed in conjunction with her production company (Kalola Productions), Carol is neither producer nor writer. However, she likes to be involved behind the scenes. She sits in on the writers' brainstorming meetings, when they lock

(continued)

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MAYTAG
THE DEPENDABILITY PEOPLE

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(continued) themselves into a room to "spitball" ideas, as she puts it. What's the secret to their creative success? "We drink too much bottled water and spend much of the time going to the bathroom," she says, laughing.





The new format of "Carol & Company" combines a regular ensemble—including Burnett and Meagan Fay (above)—with guest stars like Robert Guillaume (left)

One of the recurring themes of the first season was meek women who suddenly speak their minds. In two early episodes, Carol played first a dutiful wife and later a mother—both afraid to stand up to their families. But finally they snapped and let them have it. Is there any truth to this "lamb-that-roared" scenario in Carol's own life? "Maybe I have been meek," she says. "I was raised in the fifties, on *Father Knows Best* and *Ozzie and Harriet*. I missed out on the whole sexual revolution. My ideas were pretty much formulated on Betty Crocker. I went out on a limb just being a performer. So, consequently, I still felt that the man ran things, that the man was generally smarter—that's what society told us. If a man said what he felt, you'd say, 'Gosh, he's a go-getter' or 'Isn't it wonderful how honest he is?' If a woman said that, oh, *whew!* Look out. In the last ten or fifteen years, I've had a delayed consciousness-raising—being able to say, 'It's okay to say what you feel and not be termed aggressive or a bitch.' "

From her own experience, Carol says she believes the gender gap has narrowed significantly. However, when told about a recent poll that found that men and women seemed to be more at odds than ever, Carol stops chewing her pancakes and looks horrified. "That's terrible," she says. "We're just going to have to keep trying to make it better. I don't think we should give up, because it's only going to benefit both sexes if we have equal rights."

What about her own relationships with the opposite sex? Carol, a two-time divorcée and mother of three, says she is currently dating "three or four people, so I go out to dinner a lot." She won't name names, but she insists none of them is in show business, which is just fine with her. Anyone serious? "Not yet." Would she like to remarry one day? Carol hedges. "I don't know. I'm not saying yes, and I'm not saying no. I don't make predictions. I'm just here."

That mellow contentment sums up her outlook on life. When asked, for instance, which of her accomplishments she's most proud of, Carol pauses and ponders the question for a moment. "Having survived," says Carol, who was raised on welfare by her grandmother because her alcoholic parents had difficulty caring for her. "I'm most proud of not allowing barriers to get me down. Luckily, I was ignorant that there were any odds against my doing anything. I didn't know that I couldn't get out of being poor when I was a kid. Who would have thought I could be in show business? Nobody but me.

"I think it's important to take risks," she continues. "I think that's the most important thing, to risk defeat. And to find out you can live through one or two or three—or many."

So far, her *Carol & Company* risk has paid off. But it's far too early to pop the champagne, Carol admits. This season will be a crucial one for the show, since it's up against the cult favorite *Twin Peaks*. And what will *she* be watching Saturday nights at ten?

"*Twin Peaks*," the comedienne answers, laughing. "I already have a tape of *my* show."

Even if her own show eventually fizzles, Carol insists she won't mind. She'll just join a repertory company or do some writing or lie on the beach near her comfortable home in Hawaii, where she enjoys visits from her daughters—twenty-six-year-old Carrie, an actress, twenty-three-year-old Jody, an entertainment manager, and twenty-two-year-old Erin, a guitarist and an aspiring singer. "I'm getting a very good attitude," she declares. "What you can't control, let go of. I'm certainly not the first one to say that—it's as old as the hills. But it's hard to do. You have to actively say to yourself; 'Hey, wait a minute. Calm down here.' You have to make lists of what you can't control. You have to train yourself inside, even if it means saying out loud, 'Go away, I don't need this. Stop clogging my mind!' "

Carol takes a final bite of breakfast and pushes the plate aside. "You just go up and do what you can and know that you've done your best and you enjoyed it," she explains, adding, "I'm enjoying myself right now. I have good friends. I have a terrific family. My girls, thank God, are healthy. I'm just looking forward to more of it."

Rest assured, Carol, your fans are, too. ■

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POSTCARDS FROM THE TOP

The former Princess Leia rules her own destiny these days. She has a new film and a second novel (see our excerpt, next page), while her first book, "Postcards from the Edge," is about to become a movie with Meryl Streep.

By Joanne Kaufman



Painted cows in kindergarten colors guard the wooden gate to Carrie Fisher's home. It's high up in a section of Beverly Hills that's considered artsy—at least by local standards. Dressed in a black shirt and gym shorts—she almost always wears black—and a bit breathless, the firstborn of Debbie Reynolds and Eddie Fisher appears at her garage door. Not that Carrie's entirely out of sync with the Hollywood habitat, mind you; right now, she explains, she's tied up with her personal trainer. "Let me just finish my leg raises and then I'll be right with you," assures the thirty-three-year-old actress.

Kitsch—along with Coke and salt-free potato chips—is being served in the kitchen. "No spitting" warns a sign above the stove, while a large plastic container labeled "pure lard" supports a portable television set. In the living room, the decor is decidedly more summer camp than movie star: an earth-tone sofa with squashy cushions, wide-plank wood floors partially covered by an American Indian print rug and a glass-top coffee table spilling over with copies of *The New Yorker*. "I said I was going to leave this place to a miniature golf course when I go," says Carrie, who shares the whimsically decorated house with her brother, Todd, thirty-two, a director of commercials and videos.

Almost as soon as she settles back in her chair, Fisher jumps up to get a soft drink for herself. After making a cameo appearance in the living room, she disappears down the hall, toward her bedroom. "I'm getting a cigarette. It's one of two a day. Is that so wrong?" she asks. A few minutes later, she's up again. "I'm having my second cigarette now. I'm in big trouble."

No, she isn't. Not anymore. Although the actress who made her first big impact in 1977 as *Star Wars*'s Princess Leia has had her rough times—addiction to prescription drugs and a divorce from singer Paul Simon after two years of marriage—today her life is under control. She has been drug-free for five years now, she says. As for her film career, Carrie *(continued)*

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(continued) garnered rave reviews last year for her portrayal of Meg Ryan's close friend in *When Harry Met Sally*. And her well-received first novel, *Postcards from the Edge*, a thinly veiled roman a clef about a bright young actress's drug overdose and rehabilitation, has just been made into a movie. With a screenplay by Fisher and starring no less than Meryl Streep, it is set for release in September. "I like Meryl so much I forgive her for being luminous, talented *and* having a husband and children," jokes Carrie.

Now comes her second novel, *Surrender The Pink*, the chronicle of a young soap-opera writer's search for love, mostly in the wrong places. "The subject in *Postcards* was life and death," says Fisher. "The subject in this book is bad life moving to good life." (Read an excerpt from her book, below.) In the works: screenplays of *Surrender* and *Christmas in Vegas*, a short story by Fisher that ran several years ago in *Interview* magazine.

Fisher's gift for dialogue and sharp observations about life in Hollywood fill the most casual conversation. She refers to her family as "high-functioning white trash." She mourns the fate of middle-aged actresses—"It happens around forty. You're nonfertile *and* there are no scripts"—and offers a quick summation of life with her father and life with her former husband: "Paul was a short Jewish singer. My father was a short Jewish singer. Go figure." She talks about relying on male rather than female friends during a recent depression: "Women, when you're depressed, say, 'Do you want to talk about it?' Men, when you're depressed, say, *(continued on page 220)*

THE ONE THAT GOT AWAY

He was once the love of her life, but Dinah thought she'd put him behind her. Then he asked her to dinner. An excerpt from Carrie Fisher's funny new novel, "Surrender The Pink."



Dinah," said a voice, followed by a nervous cough. She stiffened as she held the phone to her ear. "It's Rudy," he said.

"Rudy," she repeated, as though loosely translating.

"Rudy," he said again. "Rudy Gendler? From the late seventies to the mid-eighties?"

"Oh, *that* Rudy Gendler." She laughed a nervous laugh. "You know, you meet so many Rudy Gendlers these days. Where are you?"

"Here."

"Which here?"

"Your here."

"L.A.?" she gasped. "But you *hate* L.A.!"

"So do you, deep down," he said. "It's a company town. You told me so yourself. In New York, at night you tend to feel that everyone is off having a great time. In L.A., you know they're all home in bed."

"I *work* here."

"How *is* work?"

"Writers' strike," she said by way of an answer.

"Writing soap operas counts as writing?" he exclaimed ironically. "What will they think of next?"

"Everybody can't be a famous playwright like yourself."

"Even me," he said. "Even I can't be a famous playwright like myself."

"Don't you miss these enlivening conversations?"

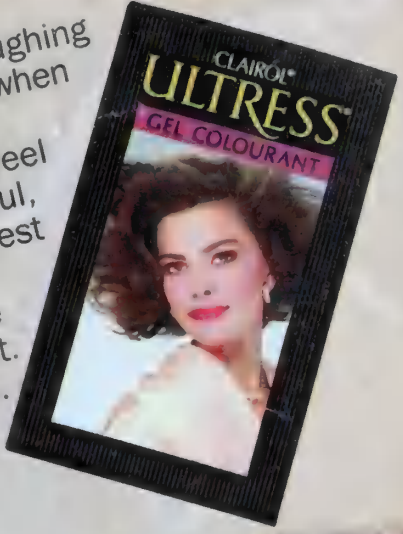
"Actually," he said absently, "I do. I have to admit I do." In fact, Rudy said *(continued)*

From the forthcoming book SURRENDER THE PINK by Carrie Fisher. Copyright © 1990 by Deliquesce, Inc. To be published by Simon & Schuster.

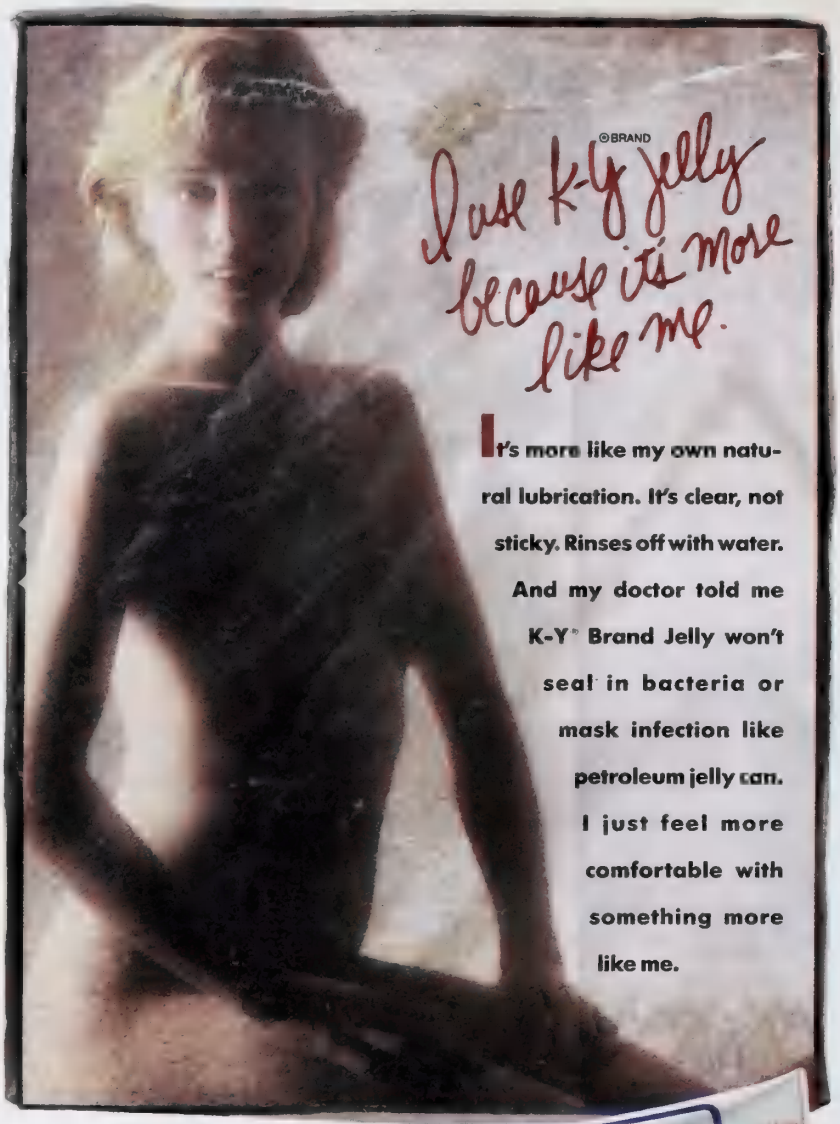
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ONE THAT GOT AWAY
continued

almost everything absently, as though being himself didn't deserve his entire attention. Interaction was a sort of hobby of his, a mildly interesting hobby that he engaged in from time to time.

"So . . ." she began. Rudy could really make her nervous.

"Di," he said, "wanna have dinner?"

"I can't have dinner with you, Rudy," she said heroically.

"Sure you can," he countered. "Why can't you?"

"Same reason as before."

"We had lunch before," he reminded her.

"That was over a year ago, and it was *lunch*—which is a far less dangerous meal. You're asking for dinner. You know what'll happen if we have dinner."

"Remind me," he said.

"I still have a romantic fantasy about you," she said in a low, even voice. "And I can't see you till it's over."

"It'll never be over entirely," he informed her. "Besides, I have a fantasy about *you*." He cleared his throat. "And the worst thing we can do with a fantasy is feed it. The fantasy will only increase if we don't see each other. But if we dose ourselves with a little reality, we'll *demystify* the whole thing. We'll become more real to one another."

"I don't see how we could be more real to one another," she mumbled.

"Dinah, I'm talking about demystification," he said. "I'm talking about dinner."

When she arrived at his hote
called him from the lobby. "
right down," he said.

So she stood there, trying to
casual, trying not to feel afraid
who cares? So I'm afraid, she tho
He's probably changed his shirt a
ple of times himself.

Then, there he was. Rudy didn'
as though he smiled much, but
did, he did it somehow without
ing. A cool flame, he burned in
ently.

They looked at each other,
looked away. "Well," he offered.
loosen up. It's the first couple of
utes." She watched the side of hi
as he said this; it looked blank.

She realized that since she
have that much of a relationship
her father, Rudy was the most
male relationship she had in
world. He was more familiar t
than any man. When he walked
was as though the world had f
arrived. When she was with hin
was with him. When she wasn't
him, she was NOT WITH RUDY

You're at your low weight," h
mildly as they got into her c
"Really?" She frowned. "I
that you just remember me
than I am. Also, it's night. Eve
seems thinner at night."

Rudy practically smiled. "I'm
you're here to tell me these t
Imagine living all these years a
knowing that people look thin
night."

Dinah colored. "You know w
mean." She opened the car doo
got in, reminding herself to br
She started the car. Rudy looke
the window into the L.A. night.

"Where do you want to eat?
asked him, checking her rearvie
ror, wondering if she should
dressed more casually so he wo
know that she cared. Oh, wh
hell; he knew that she cared.

"Oh, anywhere," he said, stu
her profile.

"You're the guy," she reminde
"You decide."

"I'm the *guest*."

"Right. Okay. What do you
Italian, right?"

"Sure, Italian's good. Or Japa

"Right, right," she said, reme
ing. "California rolls."

"There ya go. One of the main
I like about California. The
How's Kevin?"

"Kevin and I had a fight," she

"A bad one?"

She looked at him. "A bad on

"That's too bad," he said, s
"What was the fight about?"

"Well—you really *(cont*

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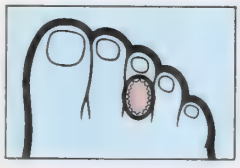
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ONE THAT GOT AWAY
continued

want to hear this?"

"Sure I want to hear it."

"Well, I came home from this thing, and Kevin was waiting for me in my room, watching TV . . . "

"You guys were living together?"

"No, no, he just knew my alarm combination and he was waiting for me. He didn't like to go out with me, which I should have seen as a sign right away. I mean, in all the time I was with him, he only met two of my friends. And that was by accident. I never met *any* of his friends."

"Yes, but you're an extremely social person. You know, this is not dissimilar to one of the problems you and I had."

"Oh, come on, what is this, male bonding in absentia?"

"Di, you always had hundreds of people calling; people were over all the time. Sometimes I felt like I had to make an appointment. And I was living with you, for God's sake—"

"I thought you wanted to know about Kevin."

"I do."

"Well, then let me finish my story."

"Sure, go ahead."

"Unless you feel that it's gonna sidetrack you into a sense memory . . ." she said.

"No, no, go ahead. I'm sorry that I interrupted."

"Okay." She thought for a moment. "Where was I? Anyway, I come in and he's sitting there on the bed, watching TV . . ."

"I don't know if I want to hear all of this."

"No, no, it wasn't like that. There's no nudity in this story. He's just sitting on the bed, fully clothed with just his boots off, watching TV, and Tony, my puppy—I had gotten a new puppy that week—was on the floor, crying, yelping, howling. It was awful. It was so annoying, and he'd been doing it all day. So, I sit down on the bed, the TV is on, Tony's screaming, and I turn and scream *Tony*! at the top of my lungs, and Kevin just kind of stiffens and leans back, and I think, Uh-oh, we have an incident on our hands. So I say, 'What?' and he looks at me funny and says, 'Nothing . . . I just don't like screaming, that's all.' And I say, 'Well, I don't either, but he's been doing that all week, and I wasn't screaming at you.' And then he just jumps off the bed and grabs his boots and says, 'I'm not having a good time,' and walks out of the house and drives away."

"Uh-huh, drives away. You don't like that," Rudy remarked. "You ne liked it when I wanted to go for a w to cool down during an argumen don't know how you could go out w someone named Kevin anyway."

"Can I finish my story?" Di asked.

"Yeah," he said.

"Oh, I don't know, it sort of e after that anyway," she said. called me from his car phone . . ."

"He has a car phone?" Rudy in rupted. "Well, there you go, ri there."

"He didn't have it when I first him," she said defensively.

"Well, that's almost all right, th he said, "from your point of view."

"Thanks," she said. "So he calls says, 'What does somebody have t to get your attention? Wrap a bullw around your neck?' So I say, 'How c you!' He says, 'How dare I?' and ha up on me."

"Yeah, then what happened?"

"Well, I was very upset," she sai

"I can imagine," he said. "That c possibly be the whole story."

"No," she said thoughtfully. "W sort of. There isn't much more. I ca his machine after he hung up on knowing that he wouldn't be home that I could just leave him a mess The gist of it was, 'I don't know w happened, but I don't see the nee be *Sicilian* about this.' I was very set. Anyway, then he didn't call m four days, and I knew that it was c I should have known that you can out with a guy that talks about l self like he's in the next room."

"What does that mean?"

"Oh, nothing. You know, he w compliment himself like he was s one else who was in the next ro she replied. "Like—'A lot of pe might condemn me, but I'm an ho person no matter what the situa and I'm devoted to my family.' "

"He actually said that?"

"Not exactly *that*," she answ "But like that."

"Well . . ." Rudy began, "what this guy do again?"

"Lawyer," she said. "Show-busi lawyer."

Rudy sighed. "It doesn't surpris so much that you dated a lawyer said. "It's that you admit it so reac

"I guess," she said. "I thought t was semisafe, though. A lawyer i most a normal job."

"Not at all," Rudy said. "Th predators. They use the truth li lie. And he's not Jewish—that's w your cultural problem lies."

"How do you know he's not Jew she asked. "I don't remember te you that."

"His name is Kevin," *(contin*



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ONE THAT GOT AWAY
continued

Rudy explained simply. "There are no Jews named Kevin. Although I must admit the car phone did throw me for a moment."

"Get over yourself!" she exclaimed, irritated. "I'm not really Jewish either, you know."

"You might as well be," he said.

"Here we are." She turned off Ventura Boulevard into the parking lot of Teru Sushi. Rudy looked at her.

"You're not *mad*, are you?"

"No," she reassured him, "I'm not. I'm really not. I'm just hungry. I was nervous to see you, and on top of that, I'm hungry."

"Great," Rudy said. "Let's eat."

She followed Rudy into the restaurant, a detective and her clue. It's not that Dinah was afraid of Rudy per se. It was really herself she was afraid of.

You want sake?" Rudy asked innocently.

"You know what'll happen if I drink sake," Dinah said, as much to herself as to anybody else.

Rudy just looked at her.

"I get very drunk on sake," she said in a low voice, "and then wake up in the middle of the night all dehydrated and with palpitations and everything."

"Hon, if you don't want it, fine," he said, "but don't spoil it for the rest of us."

"You should have some!" she said cheerfully. "You're always greatly improved by alcohol. It relaxes you."

"I am relaxed," he said irritably.

"You never seem relaxed."

"Neither do you. Shall we order?"

How is that?" he asked politely, nodding his head in the direction of her food.

"How could it be?" she replied with her mouth full. "It's yakitori, chicken on a stick. How's yours?"

He shrugged and bit into some square sushi thing. She stared at his second sake.

"You know what I thought after the fight with Kevin?" she asked.

"Hmm?" he grunted, chewing.

"I thought that if relationships are gonna be stressful, I should've stayed with you. At least I know you."

Rudy nodded. "Relationships needn't be stressful, you know."

"Well, I'm sure I wouldn't know," she said. "They've kind of had their way with me. What relationships have you had that aren't stressful? Certainly not Vicki or Lauren or Anne. Those are all your relationships prior to me. And you never indicated that they were anything but stressful."

Rudy cleared his throat. "I'm in a situation now that's very different from my previous . . . relationships."

Dinah's heart stopped. She stared at Rudy. It had never occurred to her that he would have another relationship. Particularly a successful one. That is, during her lifetime.

"What?" she said faintly.

"I'm seeing someone now who's wholly unlike anyone I've ever seen before," he explained calmly. "I mean, we started out as friends and it's gradually matured into a very . . . nurturing situation. I don't know quite how to describe it except that . . ." he looked to the corner of the restaurant almost wistfully ". . . she's so kind to me."

"Why shouldn't she be?" Dinah said tensely, baring her teeth in what she hoped would pass for a smile. She signaled the waiter. "Could I have some sake, please?" She turned back to Rudy. Her heart was pounding. "When did you start seeing this person? What is her name?"

"Lindsay," he said. "Well, let's see . . . when did we have lunch?"

"Um . . . about a year ago," she offered.

"Yeah, that sounds about right," he said, putting his hands together and narrowing his eyes slightly.

The sake arrived, and Dinah poured herself a cute little cup and downed it, screwing up her face as its bitter taste passed down her throat. "So, what does Leslie do?" she asked.

"Lindsay," he corrected her. "She's an interior decorator."

"Really? How did you meet her?"

"At a party, actually," he said as the waiters cleared away their dishes. "We were both there with other people. Later on I found out who she was and got her number."

"Great," she said, filling up her sake cup again. "So you've been together, what, like a year?"

"Not quite," said Rudy, smiling slightly. "I mean, at first I was very reluctant to get into anything with anyone after our whole disaster. I mean, I have to say, I was pretty devastated by it. I now think that I . . . had kind of a breakdown." He laughed. "I was a shell of a man because of you. If you put your head against me, you could hear the ocean roar."

Dinah tried to look civilized and nonchalant as she finished off the sake. "Yeah, well, we both got beat up pretty badly," she said generously.

"Exactly my point," Rudy said. "Which is precisely why I would be so reluctant to, you know, involve myself with anyone for quite some time." He stared off into the corner of the restaurant again. "But Lindsay makes it . . . pretty easy—I don't know how to say it. She's completely undemanding, somehow."

Dinah shook her head in wonderment. "How can you respect that?"

Rudy shrugged and smiled a small, mysterious smile. "Why do I have to respect it? I enjoy it." Dinah glared at him. "C'mon, Di, what's the big deal? I don't know, it's not really as much about what I want as . . . how little I have to give. Not really that, but she's just on my side . . . on the team," he said. "Which, if you think about it, is a very touching gesture."

"I still have a romantic fantasy about you," she said in a low, even voice. "And I can't see you till it's over."

"Doesn't she have a life?" she asked.

"That's not the point," he said, looking at the check and counting out the money to pay. "The point is, she cares about me enough to want to see me happy. That actually makes her happy."

"Well, that's very . . . touching. In an archaic sort of way," she said as they both rose and she followed him miserably out of the restaurant.

"Just because it's not an impulse of yours doesn't mean that it's archaic," Rudy said mildly, his hands in his pockets as they waited for her car. "Do you know that in the eight months that I've been seeing this girl, we've only had two fights?"

"That's great," she said tightly.

"That's not great," he said as they climbed into the car. "It's a miracle."

Dinah was feeling the sake. She was feeling sorry for herself and lonely. It was really and truly over. She had lost Rudy forever to a Girl Scout, a cheerleader, a nice girl.

Dinah knew at that moment, as much as she'd ever known anything, that she had to get him back. ■

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THE MOST DANGEROUS RELATIONSHIPS A WOMAN CAN HAVE

Most intimate relationships enrich us, but others can be treacherous to our emotional health. At home, at work and with friends, here are the liaisons you should avoid.

By Lesley Dormen

The unfair affair: getting involved with your boss

Articulate, intelligent and ambitious, Sophia Walensky* had come far from the working-class neighborhood where she grew up. She'd put herself through college and become the manager of a small office-supply company. At twenty-eight, she'd been with the firm five years when the company's president, a forty-year-old married man, invited her to dinner, to console her over a failed romance.

"We'd always been close, maybe a little flirtatious," says Sophia. "I was surprised, but took it as a friendly gesture." After dinner at a pricey French restaurant, she recalls, "we kissed, and then he said, 'The rest is up to you.'"

Her boss made it clear from the start that he'd never leave his wife, and Sophia says she accepted that. "I went into it thinking, I'm going to have an affair with this wealthy, handsome man, and I'm going to be able to handle it."

They conducted their romance over other elegant dinners and nights in expensive hotels. They took business trips together, and once they even vacationed in the Caribbean.



But although her boss encouraged Sophia to date others, on Monday mornings he would grill her about whom she'd been with over the weekend. He began asking her to tell him that she loved him. He called her every night, stole time on weekends to see her. Flattered by the attention, Sophia lost interest in seeing other men. Even her job became more exciting: Because he had arranged for her to report directly to him, she was privy to inside information about the company.

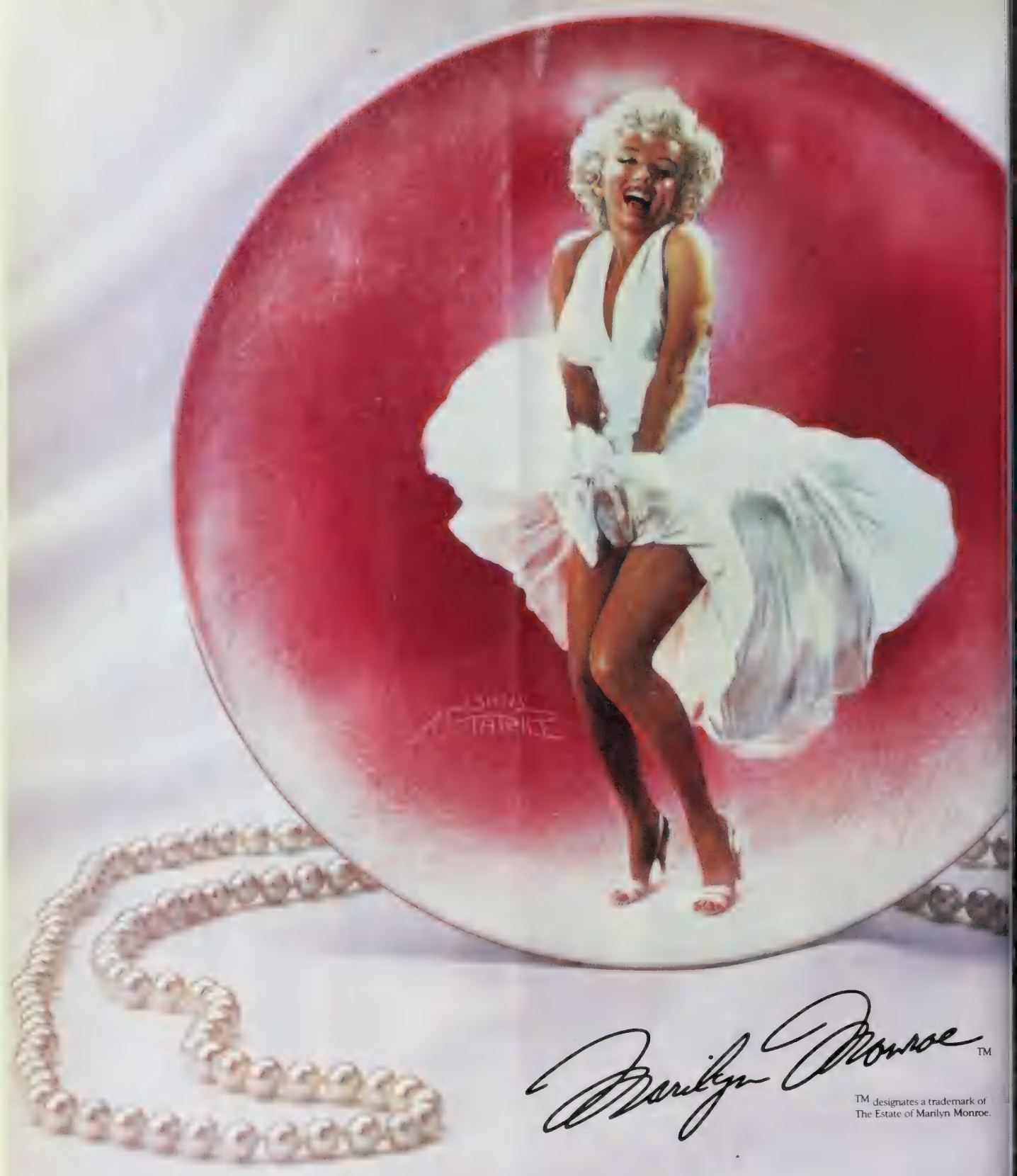
But nine or ten months later, her boss's affection began to wane. He started paying attention to a company secretary who had just broken up with *her* boyfriend. Sophia's suspicions were confirmed one night when she followed her lover and the secretary to a hotel tryst. Later, he angrily denied her accusations—but he didn't call quite so frequently anymore.

A year after it began, the affair was over. Devastated yet desperate to hang on to her job, Sophia stayed with the company. But her career there was finished, and she finally left. Now, five years later, she says, "It took years of therapy for me to realize that there was never anything in that relationship for me. I'm bitter still. I'd never again go out with a married man, nor would I ever date anyone I worked with."

The appeal of an affair in the office is obvious. People who work together "share concerns and spend a lot of time with each other," says Neil Lewis, Ph.D., a management psychologist in *(continued on page 112)*

Name and identifying details have been changed.


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■ RELATIONSHIPS

continued from page 106

Atlanta. "Human beings being what they are, relationships evolve and move forward, often in a romantic direction."

An increasing number of office affairs do not fit the stereotypical secretary/boss liaison, Lewis says. Instead, they are just as likely to be between managers and their bosses, as in Sophia's case. "There's clearly a trend," Lewis says, "toward more women in middle management having romantic relationships at work." But in nearly every case, it is the man who has the better job, and his power can be dangerously alluring. "Women in our culture have traditionally been attracted to more powerful men," notes Lewis. "An affair with her boss may be a way for a woman to gain status."

Yet as exciting as these liaisons might seem, experts agree that they must, without exception, be avoided. At their worst, with an older, manipulative man preying on a younger, naive woman, they can "bring incest to mind," says E. Sue Blume, C.S.W., a social worker in private practice in Freeport, New York, and the author of *Secret Survivors: Uncovering Incest and Its Aftereffects in Women* (John Wiley 1990). "There is an incredible imbalance of power."

Once the affair ends, it is often the woman who, because of her lower status, will suffer the greater professional damage—hanging on in a dead-end job, as Sophia did, or feeling so uncomfortable that she has to leave. When she *does* leave, all too frequently it is with less-than-enthusiastic references from her former lover. "People often feel vindictive and angry at the end of an affair," says Barbara Gutek, Ph.D., a management and policy professor at the University of Arizona. "What if he's angry? What kind of recommendation would he give?"

The emotional fallout can be severe as well. "So much of a woman's self-esteem comes from having a satisfying romantic relationship," Lewis says. "When it doesn't work out in the office, she loses as a woman *and* as a professional. That blow can trigger a loss of self-worth, or depression."

Even if the affair does blossom into a stable relationship, a woman's career can still be jeopardized. One San Diego lawyer moved in with a partner in her firm, her superior in a case they were working on. "No one will mind," he assured her. But when colleagues found out, they did mind. Once a golden girl at the firm, she was ostracized, her work suffered, and she eventu resigned to go to another firm.

The bottom line, Lewis says, is "it's tough to do a good job at work have a good romantic partnership a colleague. My advice is to kee mance and work separate."

The worst of friends

When Eleanor Ross, thirty-three divorced, her friend Angie Ha couldn't have been more suppor She encouraged Eleanor to go to ness school and to pursue a job ir financial field. Soon Eleanor l ed an exciting job, bought a house started dating again. Angie, whos reer and marriage were shaky, b to act differently. At times she see almost hostile about Eleanor's lov

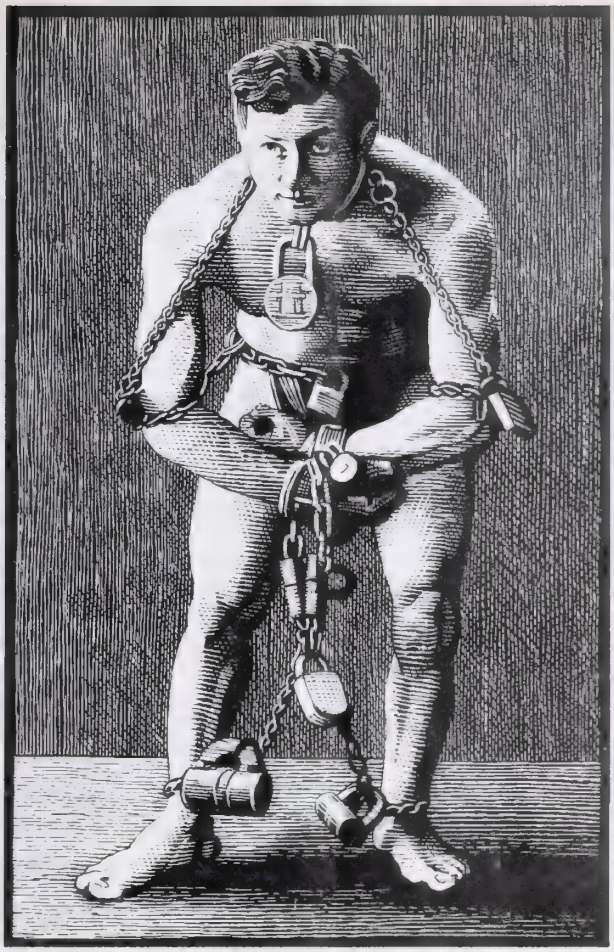
"If a relationship didn't work Angie would insist it must have something I'd done," says Eleanor come away from those conversa feeling lousy, really doubting mys

Eventually, Eleanor started a ing Angie. "I know she feels hurt she also told a mutual friend tha envied me—my style, my abilit stick with a job. That's funny, bec I've certainly envied aspects of *her* But I feel so undermined now tl can't continue the friendship."

Undoubtedly, an envious frien has a potential for danger no m which side you find yourself on: ' thirty-four-year-old Suzannah Be a children's book illustrator, who graphic designer Carly Renfrey choir where they both sang. The struck up a friendship immedia "We love to sing, we're both free- visual artists, and we knew lots of ple in common," Suzannah says. T were differences, though. Suza was more successful professior but Carly had a more active socia "Socially, Carly is very charming open," Suzannah says. "I don't the initiative and go after people as much confidence. I found m feeling very envious of those quali

For Suzannah, an evening out Carly was usually followed by se days of feeling down—less sexy, vivacious, less charming than friend. "When you start compa yourself to another person, all yo tice is how you fall short. Even w she was very generous in her p of my work to other people. I so guilty just *having* those fee toward her."

Envy of this kind is far from un mon between close friends like Su nah and Carly. Says Robert Bri Ph.D., a social psychologist at Inc University–Purdue University, at anapolis, "We don't envy people are very different from (contin



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need to rescue."

Some antidotes for envy: Carve out your own niche the world, says Bringle. "Find one in which you c demonstrate your worth in a way that's different fr that of a friend, even if it's just a little bit different." Ve envious feelings through exercise, the way men ha always done, Magdoff suggests. You might even want take a break from the friendship itself, she says. "T your friend that you love her but are going through h and just need some time to work it out. That's bei protective of the friendship."

If you're the person being envied, it's very difficult r to be joyous about your own good fortune. But expe advise that you stay sensitive to a friend who's having hard time—and don't set yourself up to be envied. Sa Magdoff, "People can be deliberately provocative abo their accomplishments as a way of assuring themsel that their choices have been good."

The clinging (male) vine

All week Jeannie Sarris* had been looking forward dinner out with her three closest women friends. E when she called her husband, Gil, at work to remind h that he and the kids were on their own that night, said, "Can't you stay at home tonight? I really need talk to you." Jeannie felt a stab of irritation; still, s canceled her plans. He's under lots of pressure at wo now, she told herself. He needs me.

But that night they fought, first over Gil's refusal take Jeannie's advice on how to handle his ineffect boss, then over the kids. Hadn't Gil agreed to follow up their son's math troubles? Why hadn't he called t teacher? "Stop ordering me around!" Gil finally shoute

"I'm absolutely exhausted!" Jeannie shouted back

DANGEROUS RELATIONSHIPS
continued

ourselves. Our basis of comparison is someone who is similar to us. If I'm an amateur tennis player, I don't compare myself with John McEnroe."

Surprisingly, though, envy need not be all bad for us. "For example, the time you gained five pounds on a diet, and your friend lost ten," says JoAnn Magdoff, Ph.D., a psychotherapist in New York City. "Situational envy like this can motivate us to do better."

But how can we tell if envy is turning dangerous? "When it's less a response to a temporary shift in the events of a friendship and more of an overall feeling about that friend," says Magdoff. "You see her as wonderful and yourself as worthless."

This kind of feeling indicates less about the friendship than it does about the damaged self-image of the woman experiencing these troubling emotions, say experts. Early family experiences often hold clues to the origins of this sort of envy. Therapy helped Suzannah realize how her friendship with Carly prompted the same hurt she'd felt as a child when her father showered attention on her vivacious older sister. "I was attracted to that situation all over again," Suzannah says ruefully, "as if this time *I* would be the chosen one."

Experts insist that a woman can recognize her patterns, as Suzannah did, and learn to change them.

"The real clue," Magdoff says, "is how much your envy has to do with what's happening between you and your friend and how much it has to do with your own history. Ask yourself when you've felt like this before. If the only time you feel good is when no one else does, that may be saying a lot about your own lack of self-esteem or your

Apparently so.



Okay. Will they also like a cracker that's just as healthy and has real oat bran too?



sciously encourage her husband to depend on her, she also resents him for it."

What can this kind of couple do? "Avoid being parental with him," Napier advises. "Don't give more support than you would give a friend or a peer."

"Start letting go of some of that control," Marlin suggests. "Start being responsible instead of super-responsible." Experts especially urge women to develop satisfying lives outside the home and to learn to let their husbands help them more.

Therapy can help, as it did for Jeannie and Gil. "We were revealed to ourselves in a completely new way," she says. "It was rough going for a time, but our marriage feels safer now—and much more equal."

Reading the signals

Over the course of a woman's life, she may be faced with any number of dangerous relationships. But experts say that if a woman learns to recognize and resist them, she need never suffer through another one.

"Your feelings are a good barometer of what's right for you, rather than what people say you should or shouldn't do," says Emily Marlin. "Look at whether the relationship causes more pleasure or pain."

And although it's not easy to break out of these relationships once you're ensnared, it can be done, experts say. "If you look hard at some of the patterns behind your behavior instead of judging it, you can free yourself," says Marlin. "Know the reason you played a particular role in the past, and it will be easier to let go of that role in the present." ■

Lesley Dormen is a free-lance writer based in New York City who has a special interest in psychology.

n. "I simply cannot do everything by myself!"
Marriages like Jeannie and Gil's, in which the wife is ninant and "superfunctional" and the husband is de-ndent and "underfunctional," tend to be the most un-ppy, says Augustus Napier, Ph.D., director of the Fam- Workshop in Atlanta and the author of *The Fragile nd* (Harper & Row, 1988).
Like Gil, underfunctioning husbands are ambivalent ut their marriage, Napier says. They want their wife ake care of them, but at the same time they resent her ause they don't like feeling dependent. "Often these n had controlling mothers, and they look for this same racteristic in a wife," Napier says. "Others had absent weak fathers. A man who learned to lean on women is ely to be looking for a strong, helpful partner."
The danger in this marriage lies in its inequality, says w York City psychotherapist Emily Marlin, M.S.W. is kind of relationship can't work indefinitely because not a partnership. The wife is in the position of ing much more power. The clinging husband is look- for her to satisfy all his needs, and that sets him up disappointment."
he woman at the helm of such a relationship isn't re by accident, either. Says Marlin, "Like her hus- d, she also may have learned her role in childhood. may have grown up in a dysfunctional family, the d of alcoholic or otherwise needy parents. When her as a child felt out of control, she may have become er-responsible as a survival technique."
ut far from helping the marriage, the wife's excessive ability becomes a trap for both partners. "The depen- t man may communicate his resentment indirectly, by getting' to do things or by clinging," says Napier. She, is ambivalent, Napier says. "While she may uncon-

It certainly looks that way.



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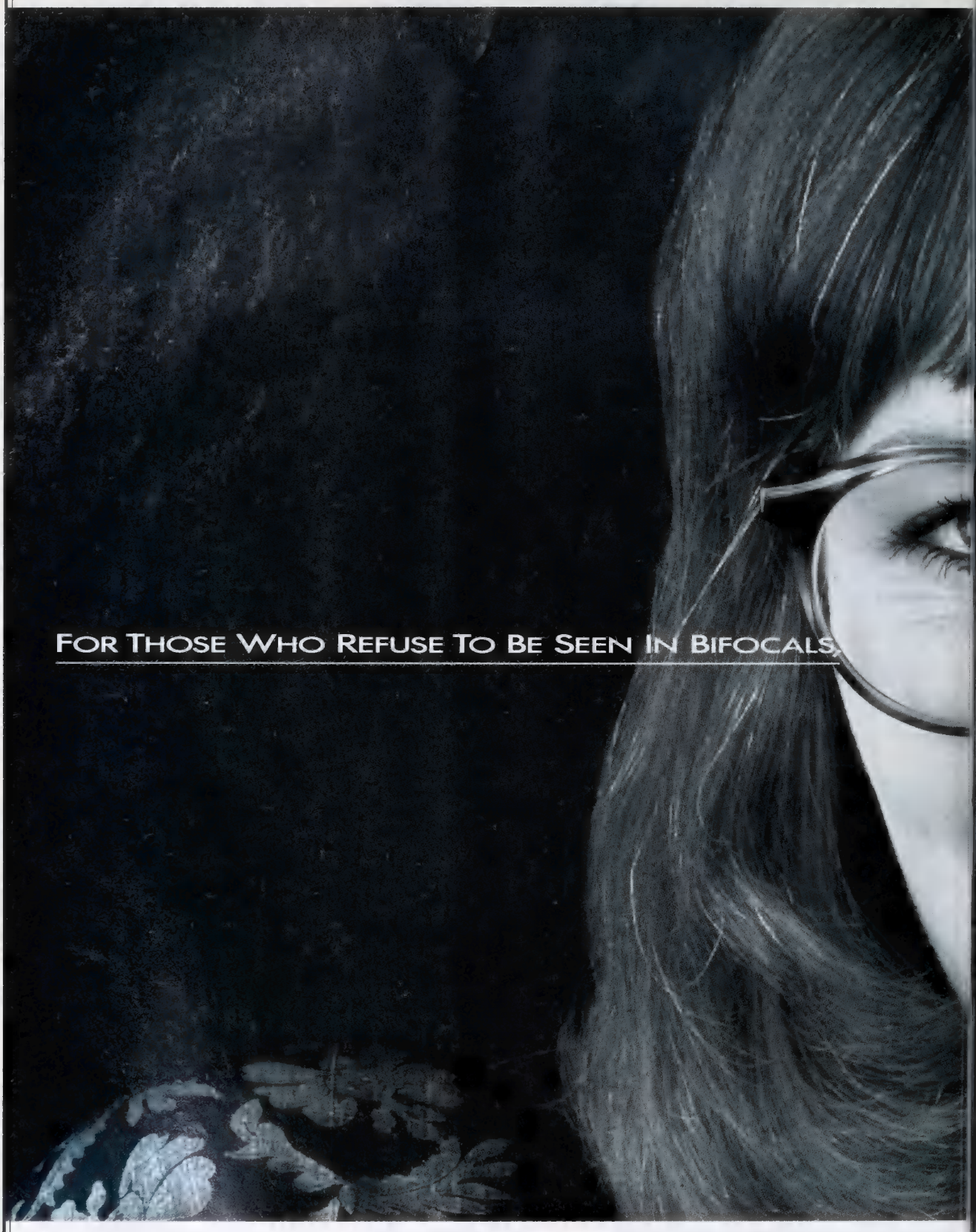
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Coral Gables, Florida

Opulence is the hallmark of this magnificently restored Moorish-style castle. Worth a visit for its architecture alone, the Biltmore also has its own spa, where you can get a once-in-a-lifetime beauty and fitness overhaul guaranteed to soothe your cares (and maybe even your wrinkles) away.

Swedish massage, body wraps, facials, sauna and whirlpools are among the seductive options, along with a spa menu designed by the chefs of New York's four-star restaurant Le Cirque (you won't know you're dieting!). Mediterranean-style rooms offer sweeping views of Biscayne Bay. A three-night package, including room, spa, personal trainer and three meals daily, is $1,200 per person. Call 800-433-0362; in Florida, 305-445-1926.

Southwind Health Resort
Cartersville, Georgia

"Women only" is the rule at this country-estate-turned-health-spa thirty minutes from downtown Atlanta. A weekend here will give you some much-needed pampering, relief from stress and a chance to lose a few pounds if necessary.

There are daily aerobics, water exercises and fitness walks, plus plenty of time to relax in a hot tub. You can also take advantage of body and skin-care treatments, low-cal cooking classes and lectures on nutrition and general well-being. Four-night weekend packages (arrive Wednesday, leave Sunday) are $695; one-day spa samplers are $199. Call 800-832-2622; in Georgia, 404-975-0342.

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THE PLEASURES OF POTPOURRI

FILL YOUR HOME WITH THE COLOR AND FRAGRANCE OF FLOWERS—ALL YEAR LONG. HERE, OUR EASY, STEP-BY-STEP INSTRUCTIONS FOR MAKING YOUR SUMMER GARDEN LAST WITH VIVID, SWEET-SMELLING POTPOURRI.

BY THEODORE JAMES, JR.



Creating potpourri from scratch is one of the most delightful and satisfying projects you can undertake. It's as easy as it is enjoyable, and the mixtures you make will keep your house alive with color and scent even in the drear of next winter.

You can use flowers and herbs from your own garden, or buy them from a garden center or florist. Then just hang plants to dry—or zap them in the microwave—and you'll have your own signature floral medley. Below, step-by-step instructions and recipes for making potpourri.

FIRST, THE INGREDIENTS:

For scent

The following plants will give your potpourri its perfume:

LAVENDER With its thin, silvery gray leaves, tiny white rose or lavender flowers and pleasing fragrance, this plant is probably the most popular for potpourri. Although there are many varieties available, English lavender is the most aromatic, the easiest to grow and the hardiest.

ROSES Besides lavender, rose petals and whole roses are two of the most important ingredients. Choose the most heavily scented varieties, such as floribundas, which also produce profuse blooms.

LEMON VERBENA OR LEMON BALM These citrus-scented plants have minuscule white flowers. Although lemon verbena is more fragrant, it's not as widely available as lemon balm, nor is it hardy.

SCENTED GERANIUMS These are available from most nurseries in such beguiling scents as rose, lemon verbena, lemon, apricot, pine, chocolate, peppermint, lime, apple, coconut, nutmeg and almond.

For color

The plants below are virtually unscented when dried, but they'll perk up your potpourri with splashes of blue, pink, yellow, gold, red and purple.

BACHELOR'S BUTTONS This plant's thistle-like flowers—especially the blue variety—retain a remarkable brilliance when they're dried (also available in pink, white and purple).

LARKSPUR has distinctive spikes of blue, red, white, pink or purple blossoms.

MARIGOLDS are available in various shades of yellow, gold and orange.

PREPARATION

Once you've collected the plants you'll need—whether you've purchased or picked them—you can begin the drying process. Choose one of these easy methods.

HANG DRYING is the oldest and most decorative technique.

1. Choose herbs or flowers with long stems.
2. Strip stalks of leaves.
3. Bunch six stems together and wrap with a rubber band one inch from the bottom.



4. Label each bunch (when dried, many herbs look alike).
5. Using twine, hang the bunches upside down in a dry, warm, dark place for two days to two weeks. Make sure the bunches are far enough apart to allow air to circulate between them.
6. Take down when *bone-dry*—otherwise material will mildew. Separate the leaves from the herb stalks, and snip dried flowers from their stems; discard everything else. Store each variety of herbs and flowers separately in an airtight container, such as a canning jar or a large mayonnaise jar. Label. (To absorb any remaining moisture, add two tablespoons of uncooked rice to each container. *(continued on P.S. 15)*

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HOW TO BUY SMARTER

BICYCLES

WHAT BETTER WAY TO ENJOY THE DOORS—AND GET IN SHAPE—THA A BIKE? HERE, OUR GUIDE TO BU THE PERFECT CYCLE. **BY JEANNE C**

Today, bicycling is more popular tha before. A whopping ninety million Am now own bicycles, and ten million mo purchase bikes this year. To meet this g demand, manufacturers are making variety of bikes that give you great mance and value.

BICYCLE BASICS

The first thing to consider in your quest right bike is price. Keep in mind quality costs extra. "You get what you p



Take to the hills on a mou bike such as Schwinn's High

so plan on spending a minimum of abou hundred dollars," advises Jim Fremont, tion director at the Bicycle Federation of ica in Washington, D.C., a nonprofit or tion that promotes bicycle use and safety. assess your cycling needs. Below, the t bikes to choose from.

Racing bikes Although these ar primarily for racing, some amateurs lik because they're light and fast on the ope However, they're less comfortable tha styles and are designed only for flat roads $300 to $3,500.

Sport/recreational road Once known as "ten-speeds" (most bik have twelve to twenty-one speeds), the like racing bikes, but have a wider ra gears and a sturdier design, so they're suited for hilly roads. Price: $350 to $2

Mountain or all-terrain (ATBs) Though designed for unpav rain, many people choose ATBs fo

mfortable ride, durability and wide-ranging
ars that take you down city streets just as
sily as country trails. Their design forces you
pedal harder, however, so long rides on hard
vement can get tiring. Cost: $350 to $2,500.



**te for fitness or fun with a sport/recre-
onal bike, such as Fuji's Absolute**

ty or cross bikes The closest you can
me to an all-purpose bike. Although they're
signed for riding on the pavement, they're
table for occasional off-road trips. Cost:
00 to $1,800.

YING TIPS

ien you're ready to hit the stores, look for a
e shop that has a complete selection of well-
de bicycles and equipment, a well-stocked
vice area with mechanics on the premises,
a knowledgeable and helpful sales staff.
Then, wearing the type of clothes you'll be
ng in, test-drive two or three models.
men—especially those five foot three and
er—need to be especially careful in select-
the proper size. "Fit is everything; it's like
ing clothes," says Georgena Terry, presi-
t of Terry Precision Bicycles for Women,
ed in Rochester, New York, one of several
panies that make bikes designed especially
women.
o find a bike that fits, straddle the top tube,
bar that runs from the seat to the handlebars;
n your feet are flat on the ground, there
uld be an inch of clearance between you and
op tube; on a mountain bike, there should
ree to four inches. (Forget "girls' bikes."
r open frames are weaker than those of
ys' bikes.") Then sit on the seat and make
you can easily reach the handlebars.
uring your test-drive, check for stability.
s the bike shift easily? Are the brakes
erful? Do the wheels spin smoothly? If the
passes the test, ask about the warranty and
ce options.

Y IT SAFE

year, more than half a million cyclists are
in bicycle accidents, and nearly seventy
and suffer serious head injuries. So when
uy a bike, you should purchase a helmet.
Look for those that meet performance
ards of the American National Standards
ute (ANSI) or Snell Memorial Founda-
Prices range from $40 to $80.



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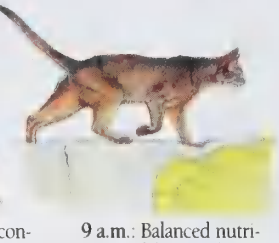
6 a.m.: Utilizing energy stored during sleep.



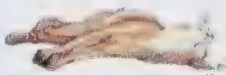
7 a.m.: Preening–along with quality fat in diet–promotes a shiny coat.



8 a.m.: Eating a concentrated, balanced mix of essential nutrients.



9 a.m.: Balanced nutrients and fatty acids keep nose and footpad leather pliable.



10 a.m.: Repairing cell tissues during nap.



11 a.m.: Even while sunning and dozing on a window ledge, leg muscles are being flexed.



Noon: Jumping five times one's height.



1 p.m.: Long, deep sleep rebuilds muscle.



2 p.m.: Metabolizing linoleic acid in fat helps keep skin free of flaky deposits.



3 p.m.: A cat that feels good, looks good. And flaunts it.



4 p.m.: Nature calls. More meat protein means more food is absorbed which means less stool.



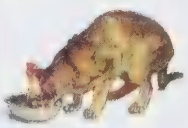
5 p.m.: Stop to play with a ball.



6 p.m.: Swatting furiously at imaginary prey.



7 p.m.: Leaving scent by performing figure-eights around your feet.



8 p.m.: Eating a dry food such as Iams exercises teeth and gums while reducing tartar.



9 p.m.: Finding a warm spot to–you guessed it–nap.



10 p.m.: Body uses taurine in food to guard against blindness and heart disease.



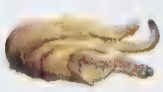
11 p.m.: Quality fat keeps energy at optimal level.



Midnight: Stretching and tensing aids muscle tone.



1 a.m.: Getting into mischief and the knitting.



2 a.m.: Catching another 40 winks.



3 a.m.: Low magnesium in diet helps prevent F.U.S.



4 a.m.: Vitamins in food promote clear, alert eyes that quickly adapt to night vision.



5 a.m.: Meticulous grooming improves ski and coat. But it's no sub stitute for eating a balanced diet.

Sleeping two-thirds of the day away may not look like hard work, but your cat still requires the maximum nutrition in Iams to look and feel her best.



Because much like the lion, who sleeps 20 hours a day, cats burn up massive amounts of energy in short bursts. Like jumping five times their height to swat at a moth.

So, to replenish that energy, your cat needs the concentrated, complete nutrition contained in Iams. She needs its real meat protein–which is easier to digest and utilize than the vegetable protein found in most supermarket cat foods and results in smaller stool. She needs its quality fat for a shiny coat. Along wit an optimal balance of carbohydrates, vitamins and minerals.

For the kind of efficiency that pays off in a healthier cat, loo for Iams Cat Food or Kitten Food. You won't find it in supermarkets, but you will find it in pet stores, feed stores and veterinary offices. For more information, call us toll-free at 1-800-525-4267 (IAMS).

IAMS®

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IE PLEASURES OF POTPOURRI

tinued from P.S. 10) When you're y to make potpourri, remove the rice by ng through a colander.)

ROWAVE DRYING This state-of-the-art nique is the quickest and most effective. lace whole flower heads, petals or herb es on a paper towel and put in the owave.

ry at full power for one minute. (Flowers spin in place in the oven.) *Do not leave microwave unattended during the drying ss.*

not totally dry after one minute, micro- for another thirty seconds at full power. k again. Continue drying for thirty-second intervals until bone-dry. Store as you would hang-dried material.

PRODUCTION

Now you're ready to begin creating your own potpourri. In addition to the flowers and herbs you've dried yourself, you'll need:

ESSENTIAL OILS to enhance and fortify the scents of dried plants. The scented oils come in tiny bottles and are available at many crafts shops, health-food stores, herb or potpourri specialty shops, and at some department stores and florists. Most cost between $1.25 and $1.50 for one eighth of an ounce; a small amount goes a long way.

FIXATIVES are vital because they absorb the essential oils into the dried plants, helping to maintain the oils' scents for a long time. One of the best is chopped orris root, which comes from the roots of certain irises and is available in many health-food stores or crafts shops. Use only *chopped* orris; the powdered form makes dried material dusty. (If you can't find orris root, try dried, chopped lemon or orange rinds as fixatives. However, they don't hold scent as well.)

SPICES are delightful additions to potpourri. Try bay leaf, cinnamon sticks and whole allspice, clove, ginger root and nutmeg for a fragrant twist.

avenly scents—the basic recipe Making potpourri is as simple as following the four easy steps below; only the edients will differ. Try one of our fragrant mixtures (shown)—or experiment with different herbs and flowers to create your own. ace the orris root in a quart-size glass or porcelain jar and add ½ teaspoon of the essential oil. Mix thoroughly with a wooden n. Cover the container with a lid and put aside for at least three days to allow the oil to be absorbed by the fixative. Shake every day. ter three days, pour the fixative-oil combination into a large glass or porcelain bowl. (Do not use a metal bowl, as it will affect the .) Add all the other ingredients except those to be used as decoration. Mix thoroughly. You should have one quart of potpourri. If add more dried material and mix again. • Place potpourri back in the jar and cover. After two weeks, it should have a strong scent. t, add ½ teaspoon more oil. In either case, leave it for another two weeks in a dark place. Shake or stir the mixture every few . • Place the finished potpourri in a container or bowl with decorative ingedients on top and display.



L-FASHIONED ROSE

delicate scent of rose makes this a c. For the brightest batch, select red, or orange petals; they retain their best when dried.

- blespoons chopped orris root
- easpoon rose oil
- p dried crushed rose petals
- ps dried whole rose petals
- p dried lavender leaves and/or flowers
- p dried rose-scented geranium leaves
- hole dried roses, for decoration

CLASSIC LEMON

This mixture is usually made with lemon verbena. However, since the plant may not be readily available, the recipe here has been modified.

- 3 tablespoons chopped orris root
- ½ teaspoon lemon verbena oil
- 1 cup crushed dried lemon balm, lemon verbena or lemon-scented geranium leaves
- 1¼ cups whole dried lemon balm or lemon verbena leaves
- 1 cup dried marigolds, and/or chrysanthemum flowers
- ½ cup dried lemon-scented geranium leaves (optional)





VICTORIAN LAVENDER

This softly scented recipe will evoke visions of a more romantic era.

- 3 tablespoons chopped orris root
- ½ teaspoon lavender oil
- 1½ cups dried lavender flowers
- 1 cup dried lavender leaves
- ½ cup chopped dried orange rind, plus some extra larger pieces to decorate the finished potpourri
- 3 tablespoons dried firethorn berries or holly berries (optional)
- ½ cup dried blue bachelor's buttons or larkspur blossoms
- 1 chopped vanilla bean
- 1 tablespoon whole allspice

▶

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Harry Haralambou

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WHAT'S IT WORTH?

By June L. Johnson, ASA, and Melanie Berge



What can you tell me about this cathedral chair? It's from m husband's family, and he says it's at least eighty years old.

—Jeanne Husman, Virginia Beach, Virgini

Your side chair is in the Gothic Revival style and i actually about one hundred forty years old. It looks t be in excellent condition, and its value is approximate $200 to $500.



A dear friend gave us this settee, but we know very little about i Can you give us any information?

—Audrey Occhipinti, Teaneck, New Jers

The carving on your late-Victorian settee makes it visu ally interesting and slightly unusual. Because of this and since it appears to be in excellent condition, estimate that the piece is worth $1,200 to $1,500.



This table and sideboard have both been in our family for years. C you tell me how valuable they are?

—Florence J. Clouser, Vienna, Virgin

Your sideboard is of the American Empire style, and th wood is a flame-grained mahogany veneer. The piec which dates from around 1830 to 1850, is worth a proximately $1,750 to $2,200.

The swing-leg drop-leaf country-style table appea to be maple, circa 1870 to 1890. Depending on its ove all condition, its value is $250 to $850.



June L. Johnson, an appraiser in Prospect Heights, Illinois, is a senior member of t American Society of Appraisers.

"What's It Worth?" will feature appraisals of readers' antiques. Send a color slide (photographs), plus any info you know about the object, to: Prime Shopper Appraiso LHJ, 100 Park Avenue, New York, NY 10017. The Journal regrets that we are unable appraise every item. Slides and letters will not be acknowledged or returne

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PERSONAL JOURNAL

Important insights into the way we feel

THE SECRET ILLNESS: OBSESSIVE-COMPULSIVE DISORDER



Fran Sydney, forty-five, had always been compulsively neat. But at age twenty-two, when her first child died at birth, Fran's need for perfection grew all-consuming. Towels had to be folded just so, and the labels on the canned food in her cupboards had to face the same way and be the same distance apart.

As her three children were growing up, her need to "protect" them through neatness and perfection intensified. "We couldn't have visitors, because they would disturb the order of things," she recalls, "and I didn't allow the kids to play with their toys because of the mess. If clothes touched the side of the washing machine when I was taking them out, they had to be washed all over again.

"I was a cleaning machine. Cleaning became a way of controlling something that wasn't controllable," she explains. "It made me feel safe—for about two seconds."

As freakish as Fran's situation sounds, it's all too typical among sufferers of obsessive-compulsive disorder (OCD), an anxiety condition that afflicts millions of Americans. People with OCD experience persistent, unpleasant thoughts, or obsessions, such as preoccupation with dirt and disorder, fear of acting on violent impulses or feeling overly responsible for the safety of others. To offset their anxiety, they feel forced to repeat meaningless actions, or compulsions, such as constant washing, cleaning, checking, counting and arranging. They know their obsessions and compulsions are irrational and excessive, yet they cannot control them.

Although the disorder has been recognized for more than one hundred fifty years, no one knew how prevalent it was until recently. Fearing they would be labeled as crazy, many victims tried to conceal their affliction from others. However, in 1988, a three-year survey by the National Institute of Mental Health found that an estimated 4.5 million adults suffered in secret from this disease.

RECOGNIZING THE SIGNS

"Everyone has occasional fleeting bizarre thoughts," says Michael Liebowitz, M.D., director of the Anxiety Disorder Clinic at the New York State Psychiatric Institute in Manhattan. "You know you won't act on them, so you dismiss them. What is abnormal is if the thought becomes recurrent and intrusive, affecting your ability to function."

A second characteristic of OCD is the sheer amount of time it consumes—often hours a day. "A lot of everyday situations can bring out compulsiveness in many people," says Wayne Goodman, M.D., chief of the OCD clinic at the Yale University School of Medicine. "You may check a couple of times to see that you locked the front door, for example. For someone with OCD, this compulsiveness follows them everywhere. They'll check the lock again and again. At work they're still concerned, so they'll call a neighbor to check."

These pathological doubts separate a person with OCD from someone with an obsessive-compulsive personality, says psychologist Fred Penzel, Ph.D., a member of the science advisory board of the Obsessive Compulsive Foundation, in New Haven, Connecticut. "In OCD, repetitive behaviors are attempts to eliminate anxiety and fear that harm will come to oneself or to others," he explains. "An obsessive-compulsive personality, on the other hand—one that is superclean or superorganized—sees its actions as positive. There is no distress or doubt associated with the behavior."

OCD afflicts both men and women alike. Although researchers don't know why, it often begins in adolescence or the early twenties. However, there are cases of children as young as two years old with the disorder. And while some people may be only compulsive washers or checkers, others are afflicted with multiple symptoms. In short, says Michael A. Jenike, M.D., director of the Obsessive Compulsive Disorder Clinic and Research Unit at Massachusetts General Hospital, "there's nothing consistent about this disorder."

THE LATEST BREAKTHROUGHS

Definitive knowledge about the cause and treatment of OCD has also been elusive, but experts are making *(continued on page 126)*

James Roderick

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(continued from page 122) progress. Current research points to a biochemical imbalance in the brain involving the neurotransmitter serotonin, a chemical that affects sleep, appetite, anxiety and repetitive behavior. Exactly how serotonin is implicated, though, remains a mystery. Genetics may also play a part. Studies show that about 25 percent of OCD sufferers have an immediate family member with the disorder.

Researchers have discovered that drugs that act on serotonin seem to be the most effective treatment. Recently, one such prescription drug, clomipramine, which has been available abroad for more than twenty years, was approved by the Food and Drug Administration. Sold under the trade name Anafranil, it's the only drug approved for the treatment of OCD. Two antidepressants, fluvoxamine (or Faverin) and fluoxetine (or Prozac), are being used experimentally to treat OCD. Almost 60 percent of patients are dramatically helped with medication, reports Jenike. But, he and other doctors caution, medication is a treatment, not a cure.

The best answer for most victims, say experts, combines drugs and behavior therapy. With therapy, OCD sufferers are exposed to increasingly large doses of what they fear, while discouraged from performing their anxiety-reducing rituals. Over 90 percent of people with OCD can be helped with this two-pronged treatment, adds Jenike.

For Fran Sydney, medication marked the turning point in her battle with OCD. Today, she says, "I'm able to have a normal life. I can leave things disorganized for a while. I can cope as well as any mother. It's just the normal life cycle that gets to me now!" —ISABEL FORGANG

For more information about OCD, or for a referral to support groups and treatment centers nationwide, contact the Obsessive Compulsive Foundation, P.O. Box 9573, New Haven, CT 06535; 203-772-0565.

Beating the postvacation blues

Your vacation was everything you hoped it would be—relaxing, rejuvenating and fun. But your high spirits faded as soon as you got home. If you had such a good time, why do you feel so bad?

It's perfectly normal to feel blue and even depressed after returning from a trip, says Arlene Kagle, Ph.D., a clinical psychologist in New York City. "On vacation, we get more than enough sleep, food and drink; suddenly we're rested and relaxed," she says. "Then we come back and have to jump-start our lives again. It's not that we hate what we do back home, it's that we loved what we did on vacation."



Women—especially those with children—may be the most susceptible to the postvacation blahs. "Vacation often represents a greater degree of change for women," says Kagle. That's because it gives them a break from the cleaning, cooking and errands they're normally responsible for, she explains. Once they get home, the chores start all over again.

For both sexes, going back to work can also be a tough transition, points out Angelo Dispenzieri, Ph.D., professor of organizational clinical psychology at Baruch College, City University of New York in New York City. At work, our days are structured and our activities must be approved by our boss, he says. "During vacation, you don't have that judgmental process going on; no one's checking over your shoulder."

Fortunately, you can conquer the postvacation blues. Here's how to make your homecoming a little easier:

- **Start with the vacation itself, suggests Dispenzieri, and choose a trip that will make you feel renewed, not exhausted. "Some people go on vacation not to relax, but to fit in as much entertainment as possible," he says. "They end up feeling more wiped out."**

Strive for a balanced vacation, agrees Dan Baker, Ph.D., executive director of behavioral health at Canyon Ranch Spa, in Tucson, Arizona. "Ask yourself what kinds of activities will make you feel refreshed."

- **Be creative with your vacation days. Rather than taking a single two-week trip, go away for several long weekends instead. If you plan them for different seasons, you'll have something to look forward to throughout the year.**
- **Schedule transition time between the end of your vacation and your return to work. Some people may not mind jetting home on the red-eye and heading directly to the office, but "for many of us, it's important to come home a day or two early to get back into the rhythm of things," says Kagle.**
- **If the thought of going back to the office has you down, pinpoint the cause of your malaise, and work on changing the situation. "A lot of what causes the postvacation blues comes from the resulting clash of where people would like to be and what they're doing now," says Baker. So if your workload is overwhelming, try to delegate some of the responsibility; if you're bored with your job, come up with some ideas for making it more challenging, and discuss them with your boss.**
- **Finally, plan to do something fun after your trip. Go out to dinner with friends, take the kids to the zoo. Rather than dreading going home, you'll have something pleasant to anticipate.** —LINDA LEUZZI



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PERSONAL JOURNAL

simple pleasures

THE SHORT-ORDER SPA

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When you're feeling tense, treat yourself to these quick-fix relaxation tips from Howard Rankin, Ph.D., a psychologist and clinic director of the Hilton Head Health Institute, in South Carolina.

■ Whenever you feel anxiety closing in, sit in a comfortable position with your eyes closed, and breathe in deeply. Then, slowly exhale. Focusing on the in-and-out movement of air will help you control your breathing and clear your mind. The exercise also slows your heart rate and helps prevent hyperventilation, which is a common symptom of stress.



■ One of the ultimate stress-busters is meditation. Simply put, this relaxation technique allows you to switch your attention from emotionally charged ideas to neutral ones. Close your eyes and imagine a calming sound—for instance, a bird chirping; or, if it's easier, concentrate on a part of your body, such as the point where your foot touches the floor. Once you're completely relaxed, let thoughts enter your mind at will, but don't react to them—simply let them go. A good way to do this is to imagine yourself on a grassy riverbank; pretend that each thought is a log that comes down the river and floats around the bend.



■ To relieve muscle tension that builds up during a long day, lie on the floor and close your eyes. Starting with your toes, tense each part of your body, hold for a few seconds, then relax. Work your way up to your facial muscles. Afterward, you'll feel refreshed and ready to go.

■ Simple exercises will loosen tight muscles and leave you feeling more energetic. Try some calisthenics or a few easy stretches such as this one: Reach one hand to the ceiling as if climbing a rope; lower, and at the same time stretch up with the other. (Exercising on a regular basis may help produce endorphins—chemicals released by the brain that induce feelings of well-being—and may aid in preventing stress buildup.)

■ Busy or noisy surroundings often contribute to tension. If all else fails, try a change of scenery: Take a leisurely walk, or, if you don't have much time, simply go outside for a few minutes of fresh air to clear your head. You'll return more relaxed, with a new perspective. —MARIANNE WAIT

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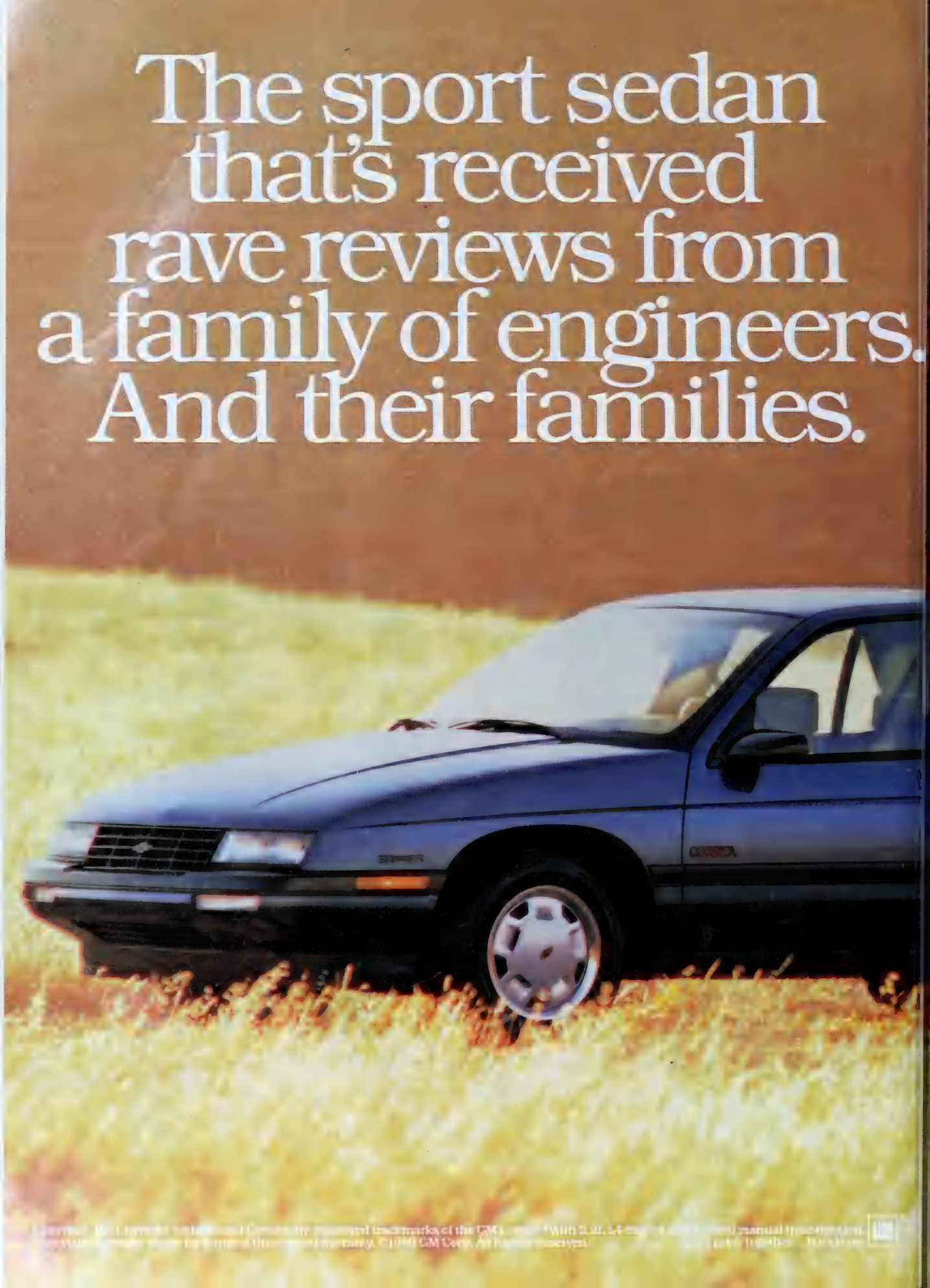
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WHY WOMEN GET ADDICTED TO FOOD

For years, we've thought only teenage girls had unhealthy feelings about food. But now it appears that a growing number of adult women also suffer from anorexia and other eating disorders—and they're just beginning to get help.

By Marie Dawson



"I was starving, but I wouldn't have food in my apartment. Desperate with hunger, I found myself in Times Square at one A.M., surrounded by crack addicts, homeless people and runaways. I rummaged through garbage cans with them, praying I'd find a discarded hot dog. There I was in a Perry Ellis coat, but I'd completely lost touch with reality."

Sherry Abrahams,* thirty, recovering anorexic

"I'd purge while my husband was at work—sometimes ten times a day. I was in constant pain from vomiting and exhausted from trying to hide my ugly, shameful secret. I was living a terrible lie, and it was slowly killing me."

Anne Donaldson,* thirty, recovered bulimic

"I've lost and gained the same seventy-five pounds again and again. I'm addicted to food; it's my cocaine. But I'm the person my family looks to for help. Food seems to be the only thing that takes care of me."

Joan Fontana,* thirty-nine, compulsive overeater

*Name has been changed.

Many of us believe that eating disorders, like acne, fade with the teenage years. But that's not true; Sherry, Anne and Joan are typical of the rising number of adult women who suffer from eating disorders, a compulsive pattern of eating and weight-related behaviors.

The most common is compulsive overeating. Sufferers may consume massive amounts of food without regard to hunger. Not everyone who is overweight is a compulsive overeater, says Ronna Kabatznick, Ph.D., a consultant for Weight Watchers International. Compulsive overeating is uncontrollable, and it is often done in binges, usually in response to emotional triggers such as anger or depression.

Bulimia is the next most frequently reported disorder; its victims gorge the way compulsive eaters do, but they tend to rid themselves of the calorie overload by vomiting, purging with laxatives or using diuretics.

In anorexia, the least common of the three, an obsession with food and weight *(continued)*

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ADDICTED TO FOOD
continued

loss becomes a compulsion to avoid eating. If this self-starvation is carried to its extreme, victims' bodies waste away and eventually cease to function.

Experts are deeply concerned about the number of women over thirty who suffer from these disorders. According to the American Anorexia and Bulimia Association, 2 percent of women over thirty—more than one million—are victims of anorexia; and 6 percent—four million—suffer from bulimia. Although no firm statistics are available on compulsive overeaters, experts who treat the disorder estimate the numbers as high as five and a half million.

The numbers have jumped significantly in the past five years. Three major centers—the Renfrew Center, in Philadelphia, and Sheppard Pratt Hospital and Mercy Medical Center, both in Baltimore—report a 25 to 30 percent rise in the number of older patients they see.

Some doctors believe the increase stems from a surge in the number of women who are willing to report their affliction and seek assistance. Others, like Judith Brisman, Ph.D., director of the Bulimia Treatment Associates of New York City, attribute part of the increase to social factors, including high divorce rates, the breakup of families and fear of aging. "Many women feel they have nothing to hang on to externally," she says. "If they also don't have anything to hang on to internally, their anxiety is overwhelming. Food helps drown it."

Brisman and others also assign an important role to society's emphasis on weight control. "Women are taught to view thinness as a way to make themselves valuable," says Katherine Halmi, M.D., director of the eating-disorders program at Cornell Medical Center–Westchester division, in White Plains, New York. "The problem is many women can't stop dieting—thinness becomes a drug."

Whatever the surface reasons, though, experts stress that these disorders are usually rooted in a deep emotional disturbance resulting from early problems within a family. For example, therapists treating eating disorders see a high number of patients who report having been sexually abused as a child. "The experience can mar a woman for life," says Laura Zarro, R.D., director of the nutrition center at Mount Carmel Health, a hospital in Columbus, Ohio. "For many, starvation, or bulimia—with its rituals of bingeing and purging—becomes the palliative to get rid of feelings of imperfection and lack of control."

Resentments against family can also trigger compulsive overeating. Members of Overeaters Anonymous (OA) say that many women in their thirties and forties who come to the group have relied on food as a source of comfort against feelings of inner emptiness, low self-esteem, and fear of abandonment.

Although many men also face personal frustrations, very few develop eating disorders. The reason, experts theorize, is that males and females handle emotional stress differently. Men generally are taught that expressing anger is okay, so they discharge these feelings in a blistering verbal attack or physical violence. Women are taught to hide their rage; unconsciously, they begin to express emotional problems through food fixations.

Men are also more likely than women to turn to substance abuse as a release from pain. "Many women pour feelings into food in the same way someone else turns to alcohol or drugs," says one longtime OA member. "It's a more acceptable, more easily hidden addiction."

However, these disorders can be overcome if sufferers grapple with the emotional issues, as our case histories show.

SHERRY the fear of being a woman

Sherry, an administrative assistant who lives in New York, developed orexia after she and her boyfri broke up and her efforts to become actress met with failure.

"I'd always been obsessive ab food," she says. "My father was phy cally and verbally abusive—and f was the tool I used to deal with di cult feelings. I always worried ab weight also—I'm only five-foot- and weighed one twenty."

In 1986, at twenty-six, Sherry plied to a number of acting schools knew the auditions were tough, so I out to train myself, living on diet so I thought this would purify me and the black void inside.

"I weighed myself seven or ei times a day. I felt so powerful wa ing the needle go down. Then the re tion letters started coming in. I despair. But I still had something show for all my months of diligence was down to one hundred pounds."

Sherry resigned herself to rem ing an administrative assistant. Be thin was now her only goal. "I convinced I was becoming more be tiful. Then I got down to eig pounds, and it became harder to m the needle on the scale go down. I t purging but couldn't do it, so I'd ha bite of a cookie, then spit it ou couldn't trust myself to have foo the apartment. Instead, I'd go out rummage through garbage cans."

Anorexia not only gave Sherr false sense of strength; it also shie her from the intimate relations she had come to dread. "As I wat my female shape disappear—I lost period, breasts, buttocks—I bega feel release. I thought if I could di pear, people couldn't hurt me."

Sherry's feelings of emptiness fear of intimacy are pivotal theme many anorexia sufferers, says An Schneer, C.S.W., a psychoanalyst cializing in eating disorders in York City. "An anorexic is unabl ask for what she wants in a rela ship because her sense of self is b on others' desires. She knows ho empty herself out, but not how t herself up—or how to be filled up healthy, loving relationship."

In 1987, Sherry began to feel af Her hair had fallen out, and her was skeletal. She tried treatment while but gave it up, and her we then plunged to sixty-five pounds.

At that point, Sherry knew her was in danger. In early 1988, heard about OA, which also acts support group for anorexics, and b to attend meetings. She also foun therapist she continues to see tod

"As my female form came back, new respect for my body. I start write plays as a way of (contin

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(continued) finding a place in the theater. Now that I can express myself with words, my body doesn't have to suffer."

Today, Sherry is still an administrative assistant but works on her plays in her spare time; one is scheduled for a reading this year. She goes for therapy weekly, eats a balanced diet and never weighs herself; she wears size 6 or 8. She's dating, and while she still has a long way to go, she feels like a different person. "Sometimes I hear myself giggling, and I can't believe it's me."

ANNE the need to be perfect

Anne, a nurse from Baltimore, is married and has two children. She suffered from bulimia for eleven years.

"All my life, I've struggled with feelings of inadequacy," she says. "I was sexually abused by a male babysitter when I was eight, and as a result I grew up feeling dirty and unlovable.

"My mother was an alcoholic, and my father was emotionally absent. As the eldest of four, I felt everything depended on me."

At seventeen, Anne developed bulimia. "Bingeing and purging—especially purging—gave me release. I was vomiting up the tremendous burdens I'd placed on myself. It was also a way of staying thin. I'm five foot three, and I would shoot up from one hundred eighteen pounds to one thirty and down again."

Anne set increasingly difficult standards for herself. "I killed myself trying to get top grades. I had to have a job in the most demanding environment—critical care. Still, I felt worthless. I thought getting married would patch me up, but it didn't work.

"I don't know how I hid my bulimia from my husband. I didn't purge during my pregnancies, but I binged constantly and gained a lot of weight. Bulimia got my weight down afterward. Then it became my survival kit.

"After work, I'd stop at a fast-food restaurant and eat several portions. Then I'd go home, lock myself in the bathroom and vomit. On days I stayed home, I'd eat macaroni and cheese or boxes of cookies and then purge all day, keeping my daughters away from the bathroom."

Bulimia often begins—as it did for Anne—with feelings of worthlessness, says Judith Brisman. "The bingeing starts in response to uncomfortable feelings; the purging is a means to stay thin—the one thing they know is valued." It can also be a release of anger.

In 1987, Anne acknowledged that her health was deteriorating. She was always exhausted, and her body was racked by gastric and muscular pains. "I worried that I couldn't take care of my kids. I knew I could die."

In January 1988 she entered the eating-disorders program at Mercy Hospital in Baltimore, which included a month as an inpatient and sessions with a psychotherapist and a nutritionist for several months.

"Bulimia prevented me from facing issues for years," Anne says. "The greatest thing was discovering I would never need to be perfect again."

Anne hasn't binged or purged for more than two years. Today she weighs one fifty, and while she feels she could lose the extra weight, she concentrates on eating a proper diet and hopes the pounds will come off gradually. "At this point, it isn't really an issue," she says.

JOAN when a woman can't say no

Joan, a New Jersey woman who recently left her job as vice-president of a clothing manufacturer, has suffered from compulsive overeating for more than twenty years, losing and gaining the same seventy-five pounds again and again.

"From a very young age, food helped me cope. I absolutely adore eating," she admits. "My family gave me the role of caretaker, probably because I was the eldest, and the pattern stuck. I'm always there for my mother and two brothers."

"I'm five foot five, and at the moment I weigh the most I've ever weighed—two hundred five pounds. I've managed to diet down to one thirty at times, but then there would be a crisis and I'd start to eat again. Last year was especially stressful, because my father died of cancer."

Joan had been through numerous diet programs, but five years ago, she decided to give up dieting. Married for four years, Joan says she has no pressure from her husband to shed her excess pounds. "Sometimes I think he would like me to be thinner, but he never says anything. And I've found it so hard to diet since I married. I often think about a wonderful dish I can cook my husband instead of what's good for me."

Giving to everyone else before oneself is a problem for many compulsive eaters, says Sandra Samaniego, Ph.D., a clinical psychologist at Lenox Hill Hospital, in New York City. Overeating is a means of blotting out rage at being used. Food is also a way to fill up the void left by feeling unloved as a child.

After years of diet programs, Joan has decided to go it alone. "I've always been driven to succeed, but I desperately needed a change. My job was too stressful. I'd go all day without eating, and then we'd sit down to a huge dinner at nine-thirty at night." Joan quit, and is now getting ready to start a housewares store. At the same time, she stopped letting her relatives take advantage of her.

"It's nice to have a little sanity in my life," she says. "I'm not in any formal program, but I'm watching what I'm eating and exercising a little, losing maybe a pound a week. I'm at peace with myself."

The road to recovery

Treating any food fixation is a two-part process: Patients learn to change their disordered eating habits and work to heal the underlying emotional problems. This is the most painful part of the treatment and usually requires a long-term commitment. Bulimics are sometimes given antidepressants, too. Anorexics must be under the care of a doctor, because their health is in such grave danger. Compulsive overeaters need not be under a doctor's care, but they often find support groups such as OA or Weight Watchers helpful.

Emotional recovery includes a practical side. Says Halmi: "A woman must map out goals that make her life satisfying and get the focus off her weight and body." Adds David Roth, director of eating-disorders programs at Sheppard Pratt Hospital, "She has to find new ways of dealing with stress."

It's a tough road back, but chances are good that a woman will recover if she takes the step of seeking help. ■

Marie Dawson, a New York writer, has a special interest in health.

FOR MORE INFORMATION, CONTACT:

■ The National Association of Anorexia Nervosa and Assorted Diseases, Box 7, Highland Park, IL 60035; 708-831-3438. ■ The American Anorexia/Bulimia Association, 418 East 76th Street, New York, NY 10021; 212-734-1114. ■ Overeaters Anonymous, 4025 Spencer Street, Suite 203, Los Angeles, CA 90503; 213-542-8363. ■ Anorexia and Bulimia Treatment and Education Center hotline: 800-333-4444.



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MEDINEWS

To help you and your family stay healthy.
By Joan Lippert

ULTRASOUND FOR OVARIAN CANCER

Using high-resolution ultrasound, doctors can now detect ovarian cancer early—when a woman still has a 90 percent chance for a cure. Until now, doctors have had no reliable method for detecting these tumors in the early stages. Physicians at King's College School of Medicine and Dentistry in London screened five thousand women and found five early-stage cancers that would have otherwise gone undetected.

The technique involves a vaginal probe, which can pick up abnormalities in the ovaries and other tissues, which may indicate malignancy. The procedure is now being used on high-risk patients—postmenopausal women and women whose mothers, sisters or grandmothers have had the disease. Michael Crade, M.D., of the Memorial Medical Center, in Long Beach, California, is the only U.S. physician currently using ultrasound this way, but he hopes the test will become widely used here in a few years.

NATURE'S CLOT BUSTER

Doctors have long known that regular workouts can cut heart-attack risk. For one thing, exercise increases the level of tissue plasminogen activator (TPA), a natural protein. Doctors use a form of TPA to dissolve clots in heart-attack victims; they think TPA may also help prevent clots. Now researchers think the benefits can last even after a workout is over.

John R. Stratton, M.D., a professor of medicine at the Seattle Veterans Administration Medical Center, tested TPA levels in twenty-three healthy subjects and then put them on a six-month aerobic-exercise regimen of walking, jogging or biking forty-five minutes a day for four or five days a week. After the program, the subjects' TPA levels had risen an average of 20 percent and remained elevated at least thirty-six hours. Stratton's next goal: to determine how high TPA levels must go to protect against heart attacks and to find out whether less-intense exercise will enable people to reach these levels.

Joan Lippert is a New York–based health writer.

STOPPING A CHILDHOOD KILLER

Doctors may soon be able to immunize infants against *Haemophilus influenzae type B*, the bacterium that causes most cases of meningitis, a potentially fatal infection of membranes covering the brain and spinal cord. About eleven thousand American children under age five develop meningitis annually. Although more than half are under fifteen months old, the currently available vaccine may be given only to children who are fifteen months of age or older. Research at Kaiser Permanente Medical Center in Walnut Creek, California, and elsewhere, however, suggests that the vaccines are safe and effective in babies as young as two months. Pediatricians may be permitted to vaccinate their youngest patients by late 1991.

MELANOMA VACCINE

Researchers are making headway against melanoma, the deadly skin cancer that kills more than six thousand Americans a year. In 1987 Malcolm S. Mitchell, M.D., professor of medicine and microbiology at the University of Southern California Cancer Center, in Los Angeles, began testing a vaccine-like serum made with fragmented melanoma cells, injecting it into patients with advanced cases of the disease. The serum stimulated the immune system to kill cancer cells in five of twenty-five people tested, thereby preventing a recurrence of the disease for an average of seventeen months. This is very promising, since many untreated melanoma patients die within a year of onset. Since that time, Mitchell has given the treatment to an additional 54 patients; of those, thirteen have responded with full or partial remissions. Future research will test this therapy in people with cases of early melanoma.

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DENTAL QUESTIONS YOU WERE AFRAID TO ASK

Do you ever wonder whether your dentist's advice is on target—but feel too shy to seek a second opinion? Want to know about pain control or whether new techniques like tooth implants could work for you? Here, top dentists from across the country give you the answers you want to know now. **By Tara Flanagan with Ann Ferrar**



PAINLESS DENTISTRY

I keep reading about advances in dentistry, but my dentist doesn't have painless drills—or any other new equipment. And when I ask for Novocain or nitrous oxide, he seems to disapprove, saying, "This won't hurt a bit." Why is going to the dentist still such an ordeal?

While visiting the dentist will never be as much fun as a day at the beach, most of the time it can be painless, or nearly so. "A lot of Americans still have a nineteen-fifties view of what happens when you go to the dentist," says Christine Dumas, D.D.S., assistant professor of clinical dentistry at the University of Southern California, in Los Angeles. "But the fact is that dentistry in the nineties can actually be a pleasant experience."

Local anesthetics are routine for most patients. Many dentists also use nitrous oxide ("laughing gas" or "sweet air") for patients who have no medical conditions that rule out their use, such as pregnancy. There is no such thing as a completely painless drill, but high-speed drills do considerably reduce the time it takes to prepare teeth for filling. Novocain injections with microthin needles have improved to the point where the injection is barely felt if the dentist first applies a topical numbing agent with a cotton swab.

"You have the right to expect relatively pain-free dentistry," says Edwin D. Joy, Jr., D.D.S., chairman of the department of oral and maxillofacial surgery at the Medical College of Georgia, in Augusta. If your dentist is using outdated equipment, switch dentists and *(continued)*

(Gingivitis, it's reversible.)

s, this early form of gum disease is reversible. But brushing and flossing may not be enough to reverse it. See your dentist. And use Listerine® Because Listerine Antiseptic is the *only* non-prescription mouthwash accepted by the American Dental Association for its help in preventing and reducing plaque above the gumline and gingivitis. Plus it kills germs that cause bad breath.

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Effect on periodontitis not determined.



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DENTAL QUESTIONS
continued

have all your records and X-rays transferred.

When I drink ice water or hot coffee or tea, my teeth hurt. Is every pain cause for alarm, or is it okay to wait a few days before calling the dentist?
Almost any toothache warrants a consultation with your dentist. Granted, if you've always had sensitive teeth and are reminded of it when you get your first breath of cold air on the ski slopes, don't panic. Sensitivity to hot and cold may be nothing more than that, but it *can* signal decay or exposed roots. For the latter problem, your dentist may steer you away from abrasive toothpastes and suggest a desensitizing toothpaste. If discomfort is severe, filling material may be applied to the "neck" of your teeth, the spot where the crown meets the root. If sensitivity is new, confined to one tooth or one area of the mouth, there could also be decay on the crown or beneath the gum line. Or perhaps you recently had a filling that's too high, causing pain when you bite down.

If sugary foods cause a pang that eventually goes away, don't ignore it, cautions Jacqueline Dzierzak, D.M.D., a prosthodontics specialist in Chicago. The pain could signal a deep cavity that has penetrated the outer enamel and exposed the tooth's underlying dentin, the soft, sensitive inner structure that lies close to the roots; the acids produced by sugary foods will irritate it. Any pain that throbs, radiates to other areas of the mouth or causes swelling in the gums—all of which may signal infection—is cause to see your dentist right away.

I had a tooth capped recently, but despite several follow-up visits, it's still causing discomfort. What can I do if I feel I've received inadequate dental care, or if my dentist refuses to repair the work free of charge?
Dentists *should* repair faulty work at no extra cost. Unfortunately, many patients live with problems rather than ask that they be fixed. Tell your dentist if the completed work feels unnatural or causes pain. Remember, most practitioners want satisfied patients.

If you've seen your dentist several times with no results, it may be time for a second opinion, advises Dzierzak. To find another dentist, contact your local or state dental society (check the phone book for the name and address), or check with a nearby hospital that has a dental service.

If the second practitioner tells you the work was done poorly, go to first dentist and explain the diagno If he or she refuses to repair the w free of charge, ask your dental soci to mediate. While mediation is ger ally free, it may take from a few we to several months for a conclusion.

DENTAL CAUTIONS

Is there any risk of getting AIDS other infectious diseases from de treatment? How can I tell if my d tist is taking adequate precautions
To date, not a single case of A caused by a dental visit has been ported anywhere. Nonetheless, tists take routine precautions to m mize the risk of infection from any ease. Dentists should wear ste gloves and sterilize all instrume that will be reused. (Masks and pro tive eyewear are worn mainly as tection from blood splash and spray.) Chairs and aprons should be wiped down after each use.

I'm three months pregnant haven't seen a dentist in two ye Should I wait until after delivery?
Now—more than ever—you nee pay attention to your oral hea "Hormonal changes during pregna can trigger pregnancy gingiviti redness and swelling of the gums occurs more frequently around pla accumulations," explains Mar Jeffcoat, D.M.D., chairman of the partment of periodontics at the versity of Alabama at Birmingham keep up with your at-home care regular professional cleanings.

If your pregnancy is normal, it's (and recommended) to have rou work such as fillings done at this t Local anesthetics generally deemed safe after the first trime although nitrous oxide and many temic drugs should be avoided. To imize risk to the fetus, X-rays sh be taken only when absolutely n sary. Tell your dentist about any m cation you take and about any con cations with your pregnancy. Ask obstetrician what dental treatmen drugs are right for you.

I'm concerned about radiation dental X-rays. How risky are X- and why can't I simply refuse the
When they are taken properly, X- are generally believed to be both and necessary. As Joy points out, risk-benefit ratio of X-rays to d disease is clearly in favor of X- Without them, early diagnosis treatment of many dental problem comes impossible."

Exposure to X-rays is cumula but with modern equipment, the

minimal. Filters (to prevent scatd radiation), precise timers, highed film and lead aprons (some with ective thyroid collars) ensure that get only the necessary exposure. owever, most dentists believe X- should not be ordered until the ent has been examined. Under nal circumstances, a full-mouth se- should be done every three to five s. Bite-wing X-rays, which show the crowns, should be ordered no e than once a year.

ND DRILLING AND FILLING

d braces as a child, but now my h are shifting and I have an over- again. Could more orthodontic k help, or is shifting normal?

le shifting teeth may signal gum ase, orthodontists know that teeth a "memory" for their original po- ns and that some forward shifting, icularly in the lower teeth, is usu- normal. But T.M. Graber, D.M.D.,)., editor-in-chief of the *American nal of Orthodontics* and *Dentofa- Orthopedics*, says, "You can't ue the teeth alone for every prob- ' That's why orthodontists today oncerned with facial muscles, jaw bone growth, and age-related ges, as well as with straightening . If dentists shove teeth around out changing the muscle function, eeth will go back.

your dentist rules out gum dis- you may want to contact an orth- tist, ideally the one who worked ou originally. New braces or a re- r to move teeth back or prevent er movement may help.

natter how much I brush, my are still yellow. Should I try the tooth whiteners?

Food and Drug Administration is researching the safety of the new the-counter whiteners, and ex- caution that if your teeth are lored, no amount of brushing will substantially anyway. Says Du- "Just as some people have fair or complexions, some of us are born lighter or darker teeth." Tooth is not determined by the outer el, she points out, but rather by nderlying dentin, which is natu- yellowish, gray or brown. Some oration stems from aging, injuo the nerve or medications such e antibiotic tetracyline.

orous brushing can actually enamel thin, so dentin shows gh. Therefore, avoid abrasive polishes. A pea-size bit of tooths is enough to clean your teeth. nay want to give up or cut down noking, coffee, tea, colored soft s and berries. Bleaching, which penetrates the enamel and into the dentin, whitens teeth in three out of four cases, but requires several dental visits. Tetracycline stains are stubborn; often, bonding or laminates are required to hide them.

I need to have two teeth pulled, and I'm wondering if I should get implants. Are they safe? Painful? How well do they work?

An implant is an artificial tooth root, a titanium post implanted into the bone to support an artificial crown. You can have just one, or many. According to Dzierzak, implants are safe and more reliable than ever when placed by a reputable periodontist or oral surgeon.

After placement, implants must heal for three to six months before final crowns or bridges are attached. This healing period is normally uneventful, involving nothing more than soreness in the area for a few days after surgery. Implants are more secure than bridges and crowns because the titanium anchor bonds to your bone. Patients with implants often report better speech and chewing ability than those with normal dentures.

I need extensive dental work, but I don't have dental insurance. And frankly, after the mortgage and car payments, there's not much left. How can I get the care I need?

First, consult your local or state dental society and explain your situation. Ask for names of dentists who perform work at low cost for those who need it. Many dentists will work out special, long-range payment plans. Or you may wish to check out the nearest dental school. Most have clinics where students provide care at greatly reduced fees. Although such care typically takes longer than in a private office, the quality of work is generally good.

I never had my wisdom teeth taken out. They don't bother me, but my dentist recommends I have them pulled. Should I?

Chances are your wisdom teeth are impacted (not fully erupted, or grown in), which can be a cause for removal. That's because the flap of tissue that covers the tooth can trap food and bacteria and eventually lead to infection. If the tooth is impacted into the bone and therefore unable to erupt at all, the surrounding tissue sac can form a cyst or tumor.

Wisdom teeth that have grown in crooked may be trapping food, posing a decay hazard to themselves and surrounding teeth. If your dentist is urging you to get them taken out, it's probably wise to follow his advice. ■

When I heard about my friend's gum surgery, I made myself this promise.



Her experience got me flossing every day. It is one of the best ways to remove plaque, prevent gum disease, and help avoid gum surgery.

ADA PROFESSIONALLY RECOGNIZED American Dental Association

A reminder to remember to floss.

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GERMS THAT KILL HEALTHY PEOPLE

How rare is the devastating bacteria that killed Muppeteer Jim Henson? Not rare at all, it seems—and becoming more deadly. Consider the case of Jessica Esquivel, six, of San Diego. Earlier this year, invasive group A streptococcus bacteria—the type that attacked Henson—spread throughout her body after she'd had chicken pox. The bacteria destroyed circulation in her limbs, and doctors were forced to amputate at the knees and elbows. "Sometimes I remember the shape of her little hands and feet, and I want to cry," says Jessica's mother, Lisa.

Doctors may soon be seeing more such cases. "Group A bacteria have always been prevalent," says epidemiologist Benjamin Schwartz, M.D., of the federal Centers for Disease Control, but currently "changes in the strains may have occurred that account for more severe disease."



Jim Henson might have saved his life if he'd seen a doctor when his respiratory symptoms first became more severe

Experts are baffled by group A's increasing aggressiveness; studies are under way to determine if that's due to mutations in bacteria, alterations in our immune systems, or both.

Still, doctors emphasize that there's no cause for panic. "It's not an epidemic sweeping across communities like the flu," says Dennis Stevens, M.D., Ph.D., of Veterans Affairs Medical Center, in Boise, Idaho.

The bacteria usually invade the throat through airborne droplets in the same way a cold virus does, or they enter the bloodstream through a break in the skin, such as a cut. Many people who carry the bacteria are naturally immune and will never get ill, Schwartz says. In others, group A can cause anything from impetigo, a minor skin condition, to several potentially lethal disorders, such as rheumatic fever or pneumonia.

Serious group A–induced illnesses can be especially frightening because they often begin with mild symptoms that worsen within hours.

Toxic strep pneumonia often occurs, as in Henson's *(continued)*

HAVE YOU SEEN JACOB?



Last March, *LHJ* told you about Jacob Wetterling (left), twelve, who was kidnapped from St. Joseph, Minnesota, by a masked man with a gun. Today, nearly one year later, Jacob is still missing.

"I believe my son is alive—I must believe that," says Patty Wetterling, as she struggles to hold back tears.

Patty and her husband, Jerry, draw courage from their three other children and well-wishers nationwide. They've received about one hundred thousand letters, many from *Journal* readers. "They give me the strength to go on," says Patty.

There is a $200,000 reward for information leading to Jacob's safe return. Call the Stearns County Sheriff's Department, 612-251-4240, or Crime Stoppers, 800-255-1301.

Photo, top: Benno Friedman/Outline

(continued) case, after several days of mild respiratory illness. Symptoms include a sudden fever of 102°F. or more, increasing shortness of breath, blood in sputum and chest pain.

In strep throat, usually a mild respiratory infection marked by low-grade fever, sore throat and swollen glands, severe type-A infection is signaled by a sudden rise in temperature, confusion, dizziness or a red skin rash. Increasing pain at the site of a minor injury may also be a sign of invasive group A.

Schwartz says that strep throat, common in school-age children, rarely turns dangerous.

Still, if a child's symptoms—or yours—quickly escalate, get to your doctor as soon as possible. The presence of group A in your respiratory system can usually be diagnosed with a rapid-detection throat culture or through a blood test, if the bacteria entered through the skin. The condition can then be treated with antibiotics, which are most effective if given before the bacteria affect vital organs. —ANN FERRAR

**Editor's note:*
The Esquivels have no private insurance, and their medical costs total several hundred thousand dollars. Readers can send contributions to the Jessica Esquivel Trust Fund, Union Bank Imperial Beach, 900 Palm Ave., Imperial Beach, CA 92032.

BATTLE OF THE LUNCH BOXES

A lunch box isn't just a place to pack your little darling's PB&J—it's an all-important totem. Just ask Pauline Spinrad, a teacher from Glen Cove, New York, who had to scour two stores to find precisely the right one for her young daughter Leah. "I showed her a lot that were half the price but were equally cool," says the slightly exasperated Mom. But this six-year-old fashion plate knew just what she had to have for school: Tiny Dinos. Was that because the cute saurians star in a series of children's books? Of course not, silly. "I knew about it before I saw it because my friend had it—Ashley."



So much for predictability in the $35-million-a-year lunch-box business. Split about evenly between two companies, Aladdin and Thermos, it's a real high-stakes game. The manufacturers can pay more than $150,000 for the rights to depict some famous figure, and things can change just as quickly as a small child's mind: for instance, Batman was boffo last year, but now he's crash-landed. True, there are still a few hardy perennials like Mickey Mouse.



This fall, however, a bigger-than-usual battle looms, as the superheroes of the big and small screens duke it out in the stores. On this side, fighting for Aladdin, are Dick Tracy and Nintendo's Super Mario Brothers. On the other, wearing Thermos colors, the Ninja turtles, New Kids on the Block and Bart Simpson.





Aladdin is banking on the Disney movie to move Dick Tracy lunch boxes; Thermos predicts that a million turtles will race off the shelves. The most popular dude of all promises to be bad boy Bart. But Thermos says it's licensed to make only a limited number—so you better get one soon, man, or your kids will have a cow.

Adults who are bemused by the fuss over a plastic gewgaw that retails for $5.99 to $6.99 can take comfort in the fact that many kids abandon boxes for paper bags or school lunches by about fourth grade. Or they can see them as collectibles, according to Scott Bruce, publisher of a quarterly magazine, *Hot Boxing*. Bruce estimates that vintage oldies like a 1963 Jetsons can bring as much as $3,000. So when your offspring ditches Bart or Dick, you just might want to adopt him yourself.

—John Schwartz ▶

LOSING WEIGHT by Cristina Ferrare



"I lost 25 lbs. n 3 months... nd I feel terrific!"

Cristina Ferrare

ow I went from size 14 to size 10."

Even when I was a model, I always worried ut my weight. I tried all kinds of diets...but all left me feeling tired and depressed. This il, I had a beautiful baby and in May I still 25 pounds to lose. Honestly, I didn't know if I d do it.

n I discovered Ultra Slim-Fast... as amazed how easy it was.

didn't feel like I was on a diet—never hungry eprived and I lost all that weight on the Ultra -Fast Program. I had a thick delicious Ultra -Fast shake for breakfast (hint: I make it in a der with ice), one for lunch, and a Slim-Fast ition Bar for a snack (the peanut butter ones great!), then a sensible dinner every night. We went out to my favorite restaurants.

as amazed at how energetic I felt.

ltra Slim-Fast is healthy and nutritious. Each e gave me an abundance of vitamins, minerals, ein, important fiber and carbohydrates. This tionally balanced program gave me all the gy I needed to keep up with my hectic sched--and my four children.

est of all, I actually went from a size 14 to a size And I haven't felt this good since I was 22."



stina Ferrare may not be typical of the average Slim-Fast user. Most users need s weight. Weight loss varies with the individual depending on a variety of factors.

Cristina Ferrare: Slim and Looking Great!

Cristina's Diet Recipe = Ultra Slim-Fast + Imagination.

Cristina's Pina Colada

8 oz. skim milk
1 heaping scoop Ultra Slim-Fast Vanilla
1/4 cup pineapple
1/4 cup banana
3/4 tsp. coconut extract
1/4 tsp. rum extract
1 pack lo-cal sweetener
10-12 Ice cubes
Blend until smooth.

Mocha Creme

8 oz. skim milk
1 heaping scoop Ultra Slim-Fast Chocolate
1 1/2 tsp. instant coffee
1 1/2 packs lo-cal sweetener
10-12 Ice cubes
Blend until smooth.

CUT ALONG DOTTED LINE

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ERICA BY EVENING

Good girls go to heaven, but bad girls go to . . . prime time. Soap siren Susan Lucci has played *All My Children*'s witchy Erica Kane for twenty years. This fall, she'll debut on *Dallas* as mysterious Sheila Foley, who'll be trying to sink her claws into Bobby Ewing. In real life, Lucci, forty-one, swears she isn't evil at all; married for twenty-one years to Helmut Huber, who's also her manager, she's the mother of Liza, fifteen, and Andreas, ten. *LHJ* caught up with Lucci on the set of ABC's *Bride in Black*, a romantic thriller scheduled to air later this year.



● How does it feel to always play a vixen?
Once in a while, someone will say something mean. But in general, people root for Erica. They like her goals even if they don't like her methods. A few years ago, while we were shooting a scene in New York, the crowd yelled, "Go for it, Erica!"

● How would Erica handle Bobby's brother, J.R.?
She might just decide to run off with him! They're similar types.

● You recently lost again after your eleventh Emmy nomination. How would Erica deal with this?
No doubt about it, Erica would have run on stage, taken that trophy and claimed it as hers long ago! —LESLIE JAY

LOOK WHO'S TALKING

"I already *did* love you when you didn't have any money, remember?" *—Ivana Trump, to Donald's question of whether she'd love him if he lost all his money*

"If fear of food continues, it will be the death of gastronomy in the United States. The dinner table is becoming a trap rather than a pleasure."*—Julia Child, lamenting cholesterol hysteria*

"In South Africa, we believe that if the women were in the forefront, we would have long won our freedom."*—Winnie Mandela, on apartheid*

MOTHER EARTH, MOVIE STAR

Mother Earth will be as unavoidable as Madonna this fall. She'll be starring—or at least getting saved—in a flood of green-themed TV shows, videos and films.

The deluge begins with *E.A.R.T.H. Force*, a new CBS drama about a team of experts, from zoologists to nuclear physicists, who fight threats to our ecological balance. It's the first series to focus solely on solving environmental problems—but obviously, it won't be the last.

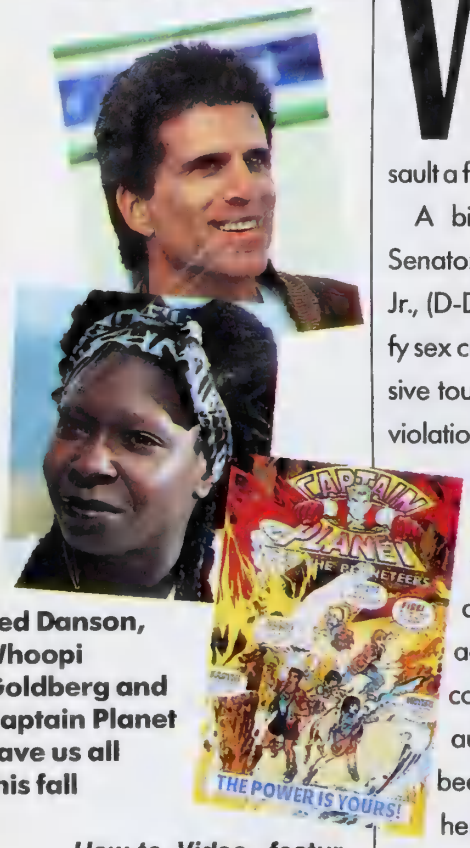
Also forthcoming is Ted Turner's *Captain Planet and the Planeteers*, an animated weekend morning series that will feature the voices of Meg Ryan, Whoopi Goldberg and Sting as environmental heroes and villains. The intrepid planeteers will defend the earth against characters like Hoggish Greedly and Verminous Skumm. Each episode will center on an "eco-emergency," from acid rain to oil spills, ending with tips on how to help.

On the more serious side are two PBS documentaries: a four-part series airing September 18 to 21, *The Decade of Destruction*, about the devastation of the Amazon rain forest in the eighties; and, starting in October, *Race to Save the Planet*, a ten-part series that will be narrated by Meryl Streep.

Even the hilarious host of *America's Funniest Home Videos*, Bob Saget, has a video that would never appear on his show: *What You Can Do to Save the Planet*, available this fall. Also due out: *Help Save Planet Earth: A Practical Guide*, hosted by Ted *(continued)*


She's got Sheer Energy™
It's not how you play the game. It's how you feel playing it. Sheer Energy® pantyhose will move you. And soothe you. For legs that feel this great all day.
She's got L'eggs®.
SHEER ENERGY

(continued) Danson and starring Jamie Lee Curtis, Whoopi Goldberg, and Beau and Lloyd Bridges; and *Save the Earth: A*



Ted Danson, Whoopi Goldberg and Captain Planet save us all this fall

How-to Video, featuring *Dear John*'s rascally Jere Burns.

Sitcoms like *Cheers* and *Murphy Brown* are likely to devote time to earth again this year. And an ABC TV movie, based on the book *Dead Heat*, will look at what life will be like if we lose the race against the greenhouse effect.

On the big screen, several scripts are in the works, with topics from rain forests to pesticides. One is set during the aftermath of an environmental catastrophe—stay tuned.—MARIANNE WAIT

A NEW DEFENSE AGAINST RAPE?

Violence against women is rising so fast that Congress may make sexual assault a federal offense.

A bill sponsored by Senator Joseph R. Biden, Jr., (D-Del.) would classify sex crimes, from offensive touching to rape, as violations of a woman's civil rights. This would allow a victim to sue her attacker for damages in federal court—even if local authorities had been lax in pursuing her case—much as women and minorities can file suit there for civil-rights violations under equal-employment laws.

"We had to do something," says Biden, who called the increasing violence against women "the ultimate example of sexism in America." Over the past ten years, the incidence of rape has risen four times faster than the total crime rate, and three to four million women are severely battered each year.

The bill would also authorize $300 million in grants to help law-enforcement agencies combat gender-related crime, make spouse-abuse laws enforceable across state lines, double federal funding for shelters for battered women, and establish a national commission on violent crime against women.

For years, many rape victims have said that state authorities do not always take assault charges seriously and sometimes even blame the victim. Biden says that classifying the crime as a civil-rights violation would help underscore the brutality of the offense. "Creating a civil-rights remedy can never blunt the pain of a survivor of a sex crime," he says, "but it does say that we will not tolerate these crimes perpetrated against women simply because they are women." —M.W.

THE LHJ '90s NETWORK

Our monthly reader call-in poll

THE OBSCENITY CONTROVERSY

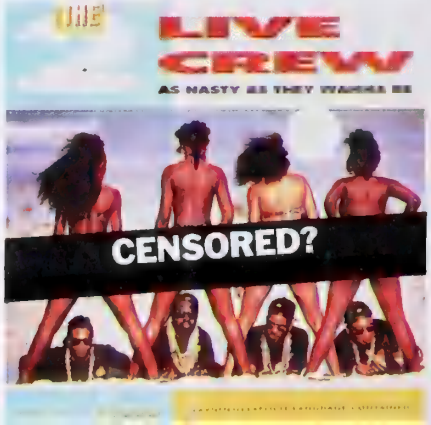
LAST JUNE, LYRICS BY THE RAP GROUP 2 LIVE CREW WERE DECLARED OBSCENE BY A FEDERAL JUDGE, AND THEIR ALBUM WAS PULLED OFF SHELVES IN A NUMBER OF CITIES. HOW DO *YOU* FEEL ABOUT THIS ISSUE?

Who should determine what music our children can—and cannot—listen to?

A) The courts should decide what's obscene and set national standards that will be enforced by police and prosecutors.

B) Every parent should decide which record albums are right—or wrong—for his or her own children.

Call 900-370-5626 by September 15 to tell us your answer. The first minute costs you seventy-five cents; each minute thereafter costs fifty cents. You must use a touch-tone phone.





"When I heard Today Sponge worked for 24 hours without hormones, I had to try it."

You may be one of the many women who prefer a birth control method without hormonal side effects. That's why there's a choice. Today® Sponge.

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Ten years of development and testing have made Today Sponge a method of birth control that responds to what women want and need in a contraceptive. So far, millions of women have used Today Sponge with safety and confidence.

Today Sponge is small, comfortable and disposable. And it's very easy to use. You just wet it and insert. There's no mess. No interruptions. It gives you 24 hours of continuous protection, allowing you to be more spontaneous.

With its unique combination of safety, convenience, and effectiveness, Today Sponge just may be the right choice for you.

Have any questions? Ask your doctor or give us a call at the Today TalkLine. 1-800-223-2329. We'll be glad to help.



ODAY'S CHOICE IN BIRTH CONTROL▪

can expect an effectiveness rate of 89-91% if they use Today Sponge consistently and according to label instructions. In clinical trials including women who did Today Sponge consistently and properly, the effectiveness was 84-87%. Use only as directed. © 1988 Whitehall Laboratories, N.Y., N.Y.

HUNT'S® GREAT AMERICAN COOK.

This is Karen Durrett.
Former securities analyst.
3 kids, 100 enthusiasms.
She uses Hunt's.



This is her Hunt's Oregon Sauce.

Karen's got a built-in taste panel right at home. They're totally into what's good and the oldest is 11. So Karen does a lot with Hunt's. Just like moms have for over 100 years. The at-home panel rated this five forks (perfect). See if your crew agrees.

Karen's Oregon Artichoke Sauce

1 (6½-oz.) jar marinated artichoke hearts
½ lb. mushrooms, sliced
1 (15-oz.) can Hunt's Tomato Sauce
½ cup dry white wine
1 (2¼-oz.) can sliced ripe black olives, drained
2 teasp. each: basil and oregano
1 teasp. each: instant minced onion, garlic powder and sugar
½ teasp. each: fennel seed and salt
¼ teasp. pepper
1 lb. spaghetti, cooked and drained
Grated Parmesan cheese

In large skillet, drain marinade from artichoke hearts; coarsely chop artichokes and set aside. In skillet, sauté mushrooms in hot marinade until tender. Add artichokes and remaining ingredients, except spaghetti and Parmesan, back to skillet. Simmer, uncovered, 20 minutes. Serve over spaghetti and sprinkle with Parmesan before serving. Makes 4 servings.



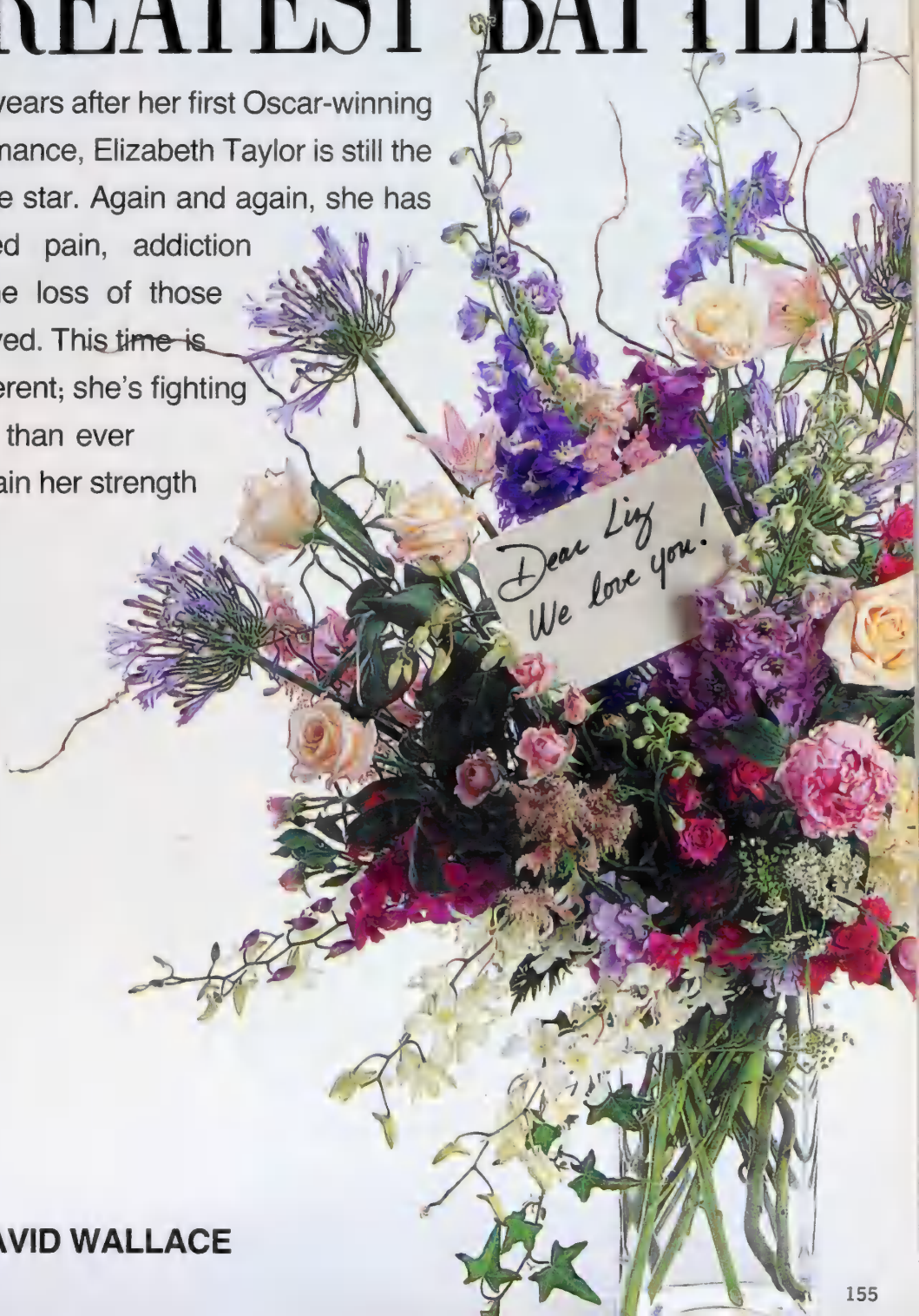
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IT HAD TO BE HUNT'S.



ELIZABETH TAYLOR'S GREATEST BATTLE

Thirty years after her first Oscar-winning performance, Elizabeth Taylor is still the ultimate star. Again and again, she has survived pain, addiction and the loss of those she loved. This time is no different; she's fighting harder than ever to regain her strength



Ladies' Home Journal September 1990

BY DAVID WALLACE





Elizabeth Taylor is grateful. "I would like to thank the hundreds of wonderful, caring people who have seen me through this trying period," she told *Ladies' Home Journal* not long ago, when she returned home to her elegant villa in Bel Air after nine weeks in the hospital. During the lingering illness that almost killed her, fans had flooded her hospital room with flowers and more than fifty thousand cards, and now Elizabeth wanted to say how much the tributes meant. "It is their tremendous love, affection and support that has helped me to face this difficult time head-on and is an essential part of my total recovery," she declared.

"This has been a frightening time for me," she says. "My sole concern at this point is getting well and carrying on with my life."

Taylor had been exhausted and run-down from traveling—to London to promote her Passion perfume and through Europe and to Thailand to attend fund-raising dinners for AIDS research—when disease struck last spring. On April 9, she was admitted to Daniel Freeman Marina Hospital, in Los Angeles, with a severe sinus infection and a high fever.

After one week there, she transferred to Saint John's Hospital and Health Center,in Santa Monica,where doctors later revealed that the fifty-eight-year-old patient had been near death, surviving with the help of life-support systems.

The tabloids had speculated wildly that the Hollywood legend was dying from Legionnaires' disease or AIDS. The AIDS rumors gained a modicum of credibility from the fact that one of the doctors treating Taylor was an infectious-disease specialist. But infectious-disease specialists also treat patients with severe viral pneumonia—and that's what her doctors insisted was wrong after they performed a lung biopsy.

The tabloids gave the ailing star no rest. Photos were snapped of her as she was wheeled on a gurney to the waiting ambulance to travel between hospitals. Some wondered why Taylor was transferred to a hospital in Santa Monica, but Saint John's, known for its privacy, was also the choice of Taylor's ever-reclusive friend, Michael Jackson. He was admitted in mid-June, suffering from chest pains, which turned out to be caused by muscle strain.

Her four children—actor Michael Wilding, Jr., thirty-seven; film editor Christopher Wilding, thirty-five; sculptor Liza Todd Tivey, thirty-three; and former model Maria Burton, twenty-eight—rallied around her, and so did famous friends like Shirley MacLaine, Robert Wagner and Roddy McDowall. Slowly Elizabeth seemed to improve; but then a new complication struck her weakened system: bacterial pneumonia, the same rapid-fire disease that nearly killed her in 1961. She was quickly treated with antibiotics, and after four frightening weeks, the virulent disease was finally vanquished.

The tabs outdid themselves during the Liz-watch, reporting that she was drinking heavily in her room (not true), that she was suffering from lupus (wrong again) and that she had armed guards escort her thirty-seven-year-old boyfriend, Larry Fortensky, from the hospital (never happened). At one point, a hoaxer even convinced the wire services that she had taken up with a twenty-three-year-old named Julian Lee Hobbs. That tale was vehemently denied by her longtime friend and aide, Chen Sam, and it later emerged that the supposed boyfriend was a show-biz hopeful. *(continued on page 226)*

• Photo, Gary Bernstsein; jewelry, Harry Winston, Los Angeles; hair, Jose Eber.

THE OTHER SIDE OF SORROW

WHEN HER YOUNG DAUGHTER WAS KILLED BY A DRUNK DRIVER, CANDY LIGHTNER USED HER RAGE TO START MADD (MOTHERS AGAINST DRUNK DRIVING). SHE CAME TO REALIZE SHE HADN'T EVEN BEGUN TO DEAL WITH HER GRIEF. HERE, SHE TELLS HER STORY AND OFFERS WISE AND COMPASSIONATE ADVICE FOR COPING WITH THE LOSS OF A LOVED ONE. **BY CANDY LIGHTNER AND NANCY HATHAWAY**

I have a large collection of family photographs that I've kept hidden away in a drawer for many years. There's one, though, that I must have taken out and looked at a thousand times: my daughter Cari's softball-team picture. Whenever I look at her freckled thirteen-year-old face gazing with such determination at the photographer, I remember the sunny Saturday when the picture was taken.

It was May 3, 1980. On that day, Cari walked down a quiet suburban street on her way to a local school carnival and was killed by a hit-and-run drunk driver.

The night before, she told me at the last minute that she wanted to sleep over at a friend's house. I was very irritated; I'd been trying to teach my kids to plan ahead—without much success. So that night, when Cari asked me *(continued on page 224)*

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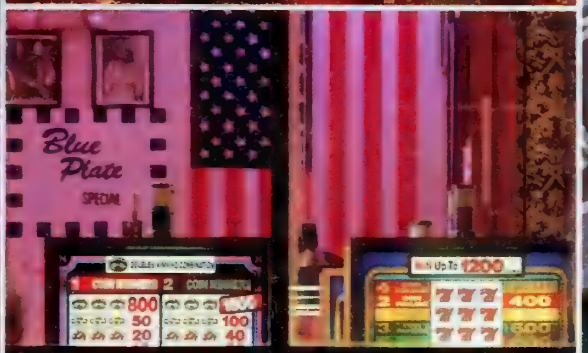


Bright lights, big stakes: In Deadwood, the promise of easy money lures housewives as well as high rollers, and slot machines hum both in gaming halls and the local supermarket











THE NEW GOLD RUSH

When gambling became legal last year in Deadwood, South Dakota, residents thought it would bring back the Wild Western glory days. Now, gamblers are betting over half a million dollars a day, and some *are* striking it rich. But gaming has brought more than money: a higher crime rate, addiction and child abuse. A special LHJ report on a small town in turmoil

As the sun rises over the Black Hills at five A.M., the clank of coins and the jingle of slot machines serenade the beginning of a new day. Mike Smith, sixty-six, a retired salesman who drove in overnight from Denver, is fanatically working two of the dollar slots in the Franklin Hotel lobby. "These are my lucky machines," he says, winking. "Hit a thousand-dollar jackpot once."

By eleven A.M., Carolyn Derby, forty-six, a waitress, is pumping the last of her fifty dollars in tips into quarter slots at the local supermarket. She finished her graveyard shift at a nearby restaurant hours ago, but she still hasn't made it home. "I know I'm never going to come out on top," she says, shrugging. "But if I had enough money, I'd stay and play all day long."

Welcome to the gold rush of 1990, where prospectors play slot machines instead of panning streams. On a Saturday night in Deadwood they spill onto Main Street, the town's principal gambling strip, clutching white plastic cartons filled with coins and *(continued)*

BY KATHRYN CASEY

(continued) looking for the nearest one-armed bandit. They don't have to look far: Slots operate not only in the town's forty-six gaming halls but also in cafés, laundromats and even the local supermarket.

The scene in Deadwood, a town of twenty-two hundred, is one that's being repeated, with slight variations, across the United States. America has been bitten by the gambling bug; in 1989 alone, players bet a staggering $290 billion, a rise of 67 percent since 1982. Lured by the promise of easy money, economically depressed areas are trying to cash in by legalizing some form of gaming, whether it be high-stakes bingo on Indian reservations or nonstop wagering on riverboats. And while Deadwood is the first



community since Atlantic City to sanction casino gambling within its city limits, it will almost certainly not be the last. "There's a wave of gambling sweeping the country," says Bill Thompson, Ph.D., professor of management at the University of Nevada–Las Vegas.

But would-be high-rollers should take heed; although gaming has brought new jobs and more money to Deadwood, it has also meant the end of small-town life as residents know it. Local retailers have been forced out by real estate speculation. Arrests are up 250 percent, and reports of child abuse have increased. Main Street, once so quiet that a mountain lion could (and occasionally did) walk down it, is now as clogged with cars as any Manhattan intersection.

Some families have packed and left rather than subject their kids to the greed that flourishes in the new Deadwood. Many of those who remain are angry. Says Cathy Zappitello, a mother of six, "It looks too enticing, and I don't want my children exposed to it."

Adds Debbie Renner, who left town with her husband and three children, "Those people who are coming in to start the casinos don't have their families in this area. All they've invested is their money. I'd like to call those other towns that are looking into gambling and say, 'Don't do this until you think about it.' Gambling is a last resort. I don't think we were ready for a last resort."

Guns and gold

Deadwood has long had a raffish reputation: In 1874, gold was discovered in the Black Hills. Two years later, Wild Bill Hickok was shot to death while playing poker in a local bar. He's buried in a hillside cemetery along with Calamity Jane, a prostitute who claimed to have been Wild Bill's wife. In fact, Deadwood's past is so colorful that the entire town was designated a national historic landmark in 1961.

The freewheeling frontier spirit persisted well into the twentieth century: Four illegal brothels operated openly as recently as 1980, and although gambling was forbidden by law, a friendly poker game was never difficult to find.

Yet Deadwood is a real community as well. Clapboard houses stacked like multicolored boxes terrace the hills on either side of town, their tiny gardens making bright splotches of color. At three-thirty P.M., children board yellow school buses in front of the elementary and middle schools that Deadwood shares with the neighboring town of Lead (pronounced Leed).

Many feared, though, that Deadwood had become a dead-end town. The area's biggest employer, the Homestake gold mine, is still active, but it has been decades since any new industry has come to the area. A lot of residents decamped for bigger, more prosperous communities: From 1960 to 1980, the town's population plummeted by one third. As the tax base declined, streets crumbled and city services deteriorated. Summer tourists, who stopped by on their way to or from Mount Rushmore, forty-five miles southeast, couldn't supply enough cash to make a difference.

Says Mayor Bruce Oberlander, "We'd tried to attract substantial new businesses but always failed. Nobody came up with a better answer than gambling."

Says gaming-hall cashier Betty Whittington, "Now we look like a phony little amusement park."

And so in 1987 eight residents formed the "You Bet" committee and began a campaign for gambling to combat the town's decay. All the city revenues from gambling would be earmarked solely for historic-preservation efforts. Gaming would be restricted to slot machines, poker and blackjack, with a maximum of thirty games per building and a top bet of five dollars per game.

In April 1989, the You Bet committee's initiative was approved by a margin of 75 *(continued)*



Ken Frick

1990

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Smooth and delicate non-menthol blend

Menthol 100s
Light, refreshing new menthol

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RGEON GENERAL'S WARNING: Smoking ses Lung Cancer, Heart Disease, hysema, And May Complicate Pregnancy.



(continued) percent. Seven months later, in November, the first casino opened its doors.

Gaming proved more popular than even its advocates could have foreseen; by March, gamblers, most of them from South Dakota and neighboring states, were betting a staggering $20 million a month.

But even though the town has already received more than $1 million in licensing fees and tax revenues alone, many locals think it has been the loser. In the first six months after gambling was legalized, it became apparent that growth would be wide open; nobody had thought, for example, to clamp a limit on the total number of casinos or slot machines allowed.



Says Susan Guilbert, a dental hygienist and mother of three, "What we thought we would have is a town with gambling. What we've got is a gambling town."

And the sport that was going to save historic Deadwood has hardly done so: The town is now listed as one of America's eleven most endangered historic places by the National Trust for Historic Preservation, a nonprofit group. "The growth pressures from gambling are threatening the town's historic character," says Carl Nelson, a spokesman for the agency in Washington, D.C.

Adds Betty Whittington, a fourteen-year resident who works as the head cashier in the Franklin Hotel's basement casino, "Now we look like a phony little amusement park."

Even the mayor acknowledges that the town is endangered by the money that is pouring in. "The city is having a difficult time keeping up with changes generated by gaming," Oberlander says. "The greed factor is definitely here."

Instant millionaires

Not everyone in Deadwood agrees, however, that gambling has brought more bad than good. "Sure, there are some negatives, but the positives far outweigh them," says Melodee Nelson, who with her husband, Tom, helps run her family's Best Western motel. Wearing a shocking-pink jumpsuit, Nelson is sitting in the motel's crowded dining room.

"I don't like the idea that my town has been taken over," says Debbie Renner, a mother of three.

"There were days when I would have two people in here, a waitress and a cook, and they'd both be sitting at a table drinking coffee. Now look," she says, gesturing around the room. "What gambling has meant to this town is a good economy."

Gambling has also paid off handsomely for some real estate owners: Jeanette Tice, thirty-four, got just over $1 million for the Main Street jewelry store she bought several years ago for $75,000. Still, she isn't happy with the deal. "I didn't want to sell," she says. "But I didn't have any choice. Business dropped by seventy-five percent. The gamblers were here to gamble, not shop."

The selling frenzy has left downtown Deadwood without many of the stores essential to a small community. On Main Street alone, a department store, a women's clothing store, a shoe store, a drugstore and two hardware stores have been shut down. In their stead are novelty gift shops and casinos. "You can't buy a pair of socks in downtown Deadwood," complains Susan Guilbert.

The boom seems likely to continue, at least for now. Two convention center/casino combos are planned; the larger will have 265 hotel rooms and cost about $13 million. With competition growing, there is already talk among Deadwood's casino owners of lobbying to overturn restrictions on the number of machines in each building and the maximum amount of bets.

Kids and gambling

Any doubt that gambling had permanently changed Deadwood's character disappeared last April, when a drugstore just one hundred feet from the town's middle and elementary schools was converted into the Silverado casino.

Now kids can look out the school's front windows directly into a gaming parlor. And mothers like Cathy Zappitello worry about the threat posed to their children's safety, too. "Someone in the casino has a few drinks, and they've lost. Or they're excited because they won, and they get in a car," she says. "How conscious of the children's safety are they going to be?"

Such concerns are not unfounded. A report issued by Les Bradley, Sr., Deadwood's police chief, shows that in the months following the legalization of gambling, there has been a 250 percent increase in arrests and a 126 percent climb in calls to police dispatchers, mainly attributable to speeding, drunken driving, (continued on page 219)

Ken Frick



Bugs Bunny shown actual size.
Other ornaments shown approximately ½ actual size.

Charming hand-painted Christmas ornaments featuring Bugs Bunny, Daffy Duck,™ Porky Pig™ and all your favorites.

Over 50 years, the wonderful Looney Tunes™ cartoon characters have brought laughter and joy to millions of fans. Now, you can make these adorable characters a cherished part of your Christmas festivities with *The Bugs Bunny & Friends Christmas Ornaments*, a brand new collection portraying beloved Looney Tunes characters in heartwarming Christmas scenes.

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Please return promptly.

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I need send no money now. My first and last ornaments will be shipped individually. In between, every other month I will receive two ornaments, but I need only pay for one ornament per month. If not satisfied, I may return any ornament within 30 days for replacement or refund. This subscription may be cancelled by either party at any time.

*Plus applicable sales tax and $1.95 shipping and handling.

Name _____
(PLEASE PRINT CLEARLY)

Address _____

City _____

State _____ Zip _____

☐ Check here if you want each ornament charged to your:
☐ VISA ☐ MasterCard

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Credit Card Number Expiration Date

Signature _____

Please allow 8 to 12 weeks after payment for initial shipment. L9



GREAT UPDATES

SHOTS OF STYLE TO GIVE A RIGHT-NOW LOOK TO YOUR WARDROBE

BY LOIS JOY JOHNSON
BEAUTY AND FASHION DIRECTOR

WE KNOW MOST CLOTHING TODAY IS EXPENSIV
AND A COMPLETE CLOSET OVERHAUL IS OUT O
THE QUESTION. THE GOOD NEWS? YOU ONLY NEED
FEW NEW PIECES TO LOOK UP-TO-THE-MINUT
THIS FALL'S BEST ITEMS ARE SO VERSATIL
THEY PLAY PERFECTLY WITH THE CLAS
FASHIONS THAT YOU'VE HAD FOR A WHIL



Just the punch your wardrobe needs, opposite: Sleek stirrup pants give instant chic to tailored jackets and oversize sweaters. But don't choose just any stirrups—you want a pair like these from DKNY, made of hefty wool twill with a bit of stretch so they subtly swerve over curves. Jacket, British khaki; sweater, Nancy Heller; shoe-boots, Robert Clergerie; socks, Sock System. The season's big comeback, left: a jacket in an unexpected shade (think powdery pink, pale celadon) style pumping to up-to-all your basic blacks and grays. The most modern look is longer, more shapely and softly tailored—like this wool blazer in blush pink by Sonnatica. Gray flannel trousers, Benetton; sweater, Nancy Heller; belt, Coach; pocket watch, Bulova. Models: left, Donna Bunte of Pauline's; opposite, Lori Deades of Name. All photos, Nesti Mendoza. Makeup, Makiella Smith-Masters, for Vartali; hair, Ric Piping for Piping-Buccheri except [illegible], Rodney Martin and Piping-Buccheri.





Real appeal? It's in your vest interest, opposite. Create the latest suit look by pairing a long vest, like this one in eggshell wool gabardine by Anne Klein II, with narrow-legged pants and an easy jacket that are distinctly unmatched. (P.S. Cropped boots keep the look current.) Blazer, Anne Klein II; blouse, Equipment; stirrup pants, DKNY; shoe-boots, Gucci; earrings, Robert Lee Morris; socks, Hue Hosiery. What else upgrades? Anything made in the suede, left. We teamed a buttery suede sarong skirt in camel with chocolate suede over-the-knee boots, both by Adrienne Vittadini, and then filled in the gaps with rows of ribs. Sweater, DKNY; hose, Ehgen; blazer, Liz Claiborne. Model left, Melanie Kremser of Click.





DEVELOP A CRUSH ON VELVET AND MAKE A MAJOR FASHION STATEMENT—IT'S NOT JUST FOR EVENING ANYMORE. KALINKA'S GOLD PANNE VELVET TURTLENECK, OPPOSITE, AND OMO NORMA KAMALI'S BLACK VELVET JACKET ADD A LUXE TOUCH TO A SLIM BLACK SKIRT. NOW THAT'S RICH! SKIRT, THE LIMITED; HOSIERY, CALVIN KLEIN; JEWELRY, KARL LAGERFELD. FOR PROWLING AROUND ON THE WEEKENDS, SLIDE INTO A CAT SUIT, LEFT. OUR PURR-FECT PICK'S IN BLACK WOOL, NATCH, BY ADRIENNE VITTADINI. NEVER MIND THAT IT FARES FRIENDS FROM HEAD TO TOE; IT'S SO COMFORTABLE YOU MAY NEVER LEAVE HOME WITHOUT IT. BLOUSE, ADRIENNE VITTADINI; DUFFEL COAT, PERRY ELLIS AMERICA; NECKLACE, GREGG WOLF FOR BIJOUX WOLF; SUNGLASSES, DONNA KARAN FOR BAUSCH & LOMB. MODEL, OPPOSITE, NASTASIA OF FORD.





THE SPORTING LIFE THESE DAYS REQUIRES RUGGED OUTERWEAR THAT'S A BIT MORE REFINED. CASE IN POINT, OPPOSITE: A QUILTED COTTON DRAWSTRING PARKA WITH A FAUX-FUR COLLAR BY L.H. COLLECTIBLES (WE LAYERED IT OVER A QUILTED SILK ANORAK BY PERRY ELLIS AMERICA). PAIR THIS CLASSY GEAR WITH JEANS OR LEGGINGS AND YOU'VE GOT THE MOST SOPHISTICATED WAY TO BRAVE THE ELEMENTS. JODHPURS, NICOLE FARHI; BLOUSE, EQUIPMENT; BOOTS, KENNETH COLE; SOCKS, THE GAP; MITTENS, SEARLE. LEFT: SKIRT ALERT—THEY'RE COMING UP SHORT. HOW TO PULL OFF A SKIMPY HEMLINE? WITH MATCHING HOSE FOR A STRIKING, STREAMLINED LOOK. MOHAIR AND WOOL SUIT IN PAPRIKA BY ANNE KLEIN II; TURTLENECK, PATRICIA CLYNE; HOSIERY, CALVIN KLEIN; SHOES, STUART WEITZMAN; BELT AND EARRINGS, MISH

HOW TO GET MORE STYLE MILEAGE

■ Try something a bit offbeat

If you need a black turtleneck, opt for velvet instead of wool. About to buy a reliable slim wool skirt in camel? Go for the same shade in suede—it's more eye-catching.

■ Set your sights on quality

Don't purchase lots of inexpensive items just to have something new. Better to save up and splurge on one or two items that will upgrade your image and your whole wardrobe. A great jacket is always a good start, since just about anything you toss it over will look new.

■ For once, count on comfort

One of the reasons the items this fall are so flattering is that they're so easy to wear—it's impossible to look good and feel confident when your clothing is uncomfortable. Here are a few hints for loosening up. Opt for fine-gauge sweaters and supple washed-silk shirts instead of more tailored blouses; wear bodysuits under stirrup pants to avoid tuck-in bulges; on weekends, try a big, cozy sweater over stretchy leggings instead of bulky trousers or tight jeans.

■ Sample a few new hues

Don't go through yet another season in basic navy and gray. Punch up the old standbys by wearing them with muted shades of moss, peach, pink, eggshell or tan. Or exchange conservative dark tones for the new warm browns and taupes, rich bricks, cool corals and earthy olives—they're just as classic-looking, and they work well together.

■ Go for figure flattery

Just because something is trendy doesn't mean it looks good on everyone. However, wearing some of the new items the right way can provide ideal curve control: Pair long jackets with skinny pants; top a black cat suit with a bright jacket to optically pare your curves; if you like short slim skirts, top them with a long sweater or jacket.







■ To buy or not to buy?

There are lots of wonderful style options in the stores right now . . . and just as many items that are better left on the racks. What to avoid: *Wide pants*. They're just too much for the bigger, longer tops. *Long skirts*. They're simply too dowdy. If you absolutely hate your legs, wear trousers. *Hot pants*. Let teenagers buy 'em up. *Patterned hose*. Gams shouldn't get more glamorous than simple ribs and cables.

TEP INTO A NEW DIMENSION



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For the retailer nearest you call, 1-800-628-7463

DOLLY'S HOUSE

Two years ago, Dolly Parton headed home to the Smoky Mountains to restore the tiny country cabin where she and her ten siblings were born. And today, from the top of the old tin roof to the fieldstone fireplace, Dolly's sure got something to sing about! Y'all come down for a visit.

By Lauren Payne, Decorating Editor







Preserving family history: The two-bedroom Parton home was bought by Dolly's great-grandfather for $150 at the turn of the century



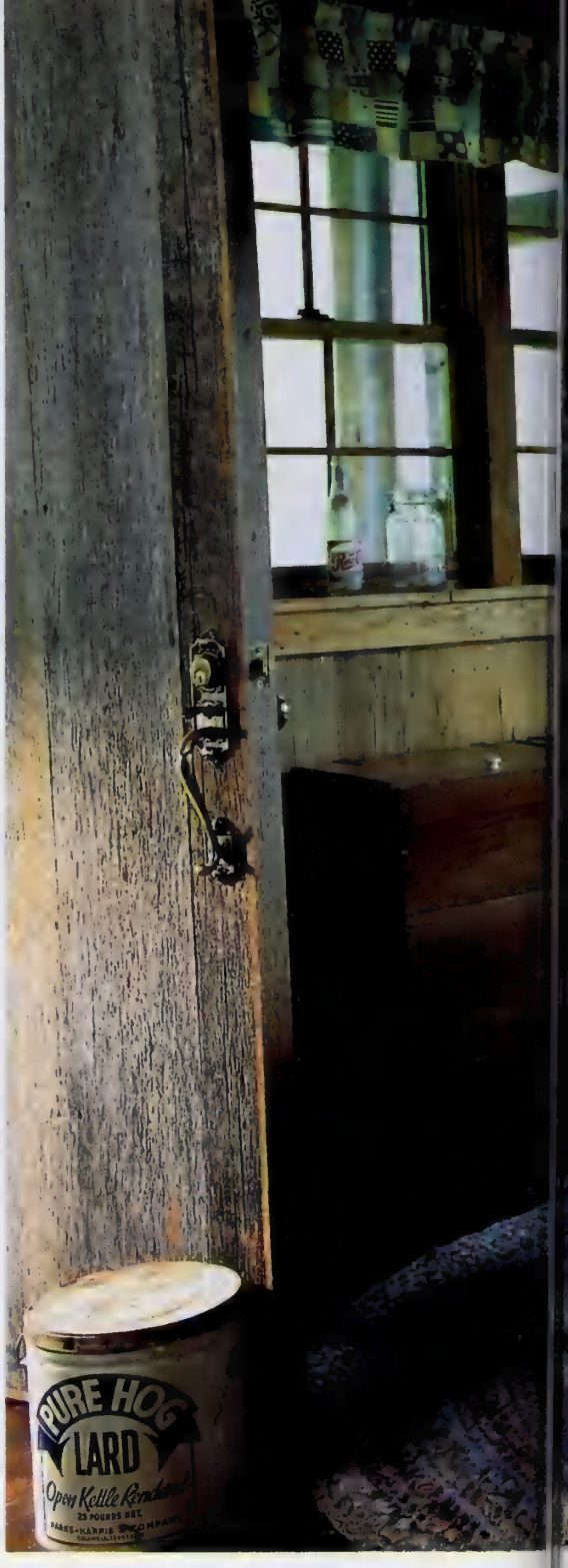
Tucked away in the Tennessee mountains is the charming house that was home to Dolly as a little girl. Dolly remembers poor but happy days growing up there, when for several years she and her brothers and sisters shared one bedroom, sleeping two or three to a bed. Her parents, Lee and Avie Lee, sold the house in 1968, but Dolly brought it back into the family twenty years later. With their memories to guide them, Dolly and her younger brother Bobby, a carpenter and builder, and Dolly's good friend Ann Warden worked eight months restoring the house. Now, whenever she's not on tour or at Dollywood—her five-year-old theme park in Pigeon Forge—Dolly returns to the homestead to kick off her showbiz shoes and settle back into a simple country life.

■ *Above: The Parton clan used to gather 'round a crackling fire to listen to the Grand Ole Opry on the radio (little did they know Dolly would be singing there years later!). On the mantel, a painting of Dolly's grandfather, Preacher Jake Owens; at left are portraits of other Parton ancestors*

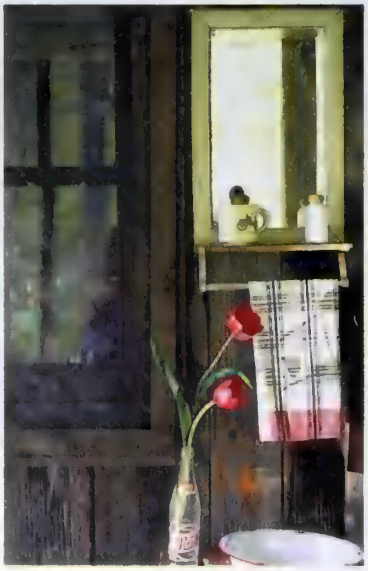
Photos, Jeff McNamara. Restoration and design, Bobby Parton; interior design, Ann Warden; flowers, Sweet Hollow Greenhouses and Landscaping. Details, page 213.



■ *Because her mama was "always having babies," creating a true-to-life restoration meant reserving a corner of the children's bedroom for a nursery (above). Dolly couldn't resist buying the butterfly crib quilt; in fact, she loves butterflies so much that she chose a butterfly for the Dollywood logo. The sewing table recalls the days when Dolly's mother would painstakingly stitch together fabric scraps to make clothes for the children; Dolly wrote "Coat of Many Colors" as a tribute to her mama's handiwork*







■ *Left: The bathtub now has running water, a far cry from the days when Lee Parton fetched water from the well to shave. Right: Dolly's memories inspired the hit song "My Tennessee Mountain Home"*





I want the house to look old but act new," Dolly said when the renovating began. So Dolly and Bobby used the structure's original wormy chestnut wood (indigenous to the area) for the exterior; inside, they added basic modern conveniences—namely, two bathrooms and running water. Dolly bought more than one hundred acres surrounding the site's original seventy-five, and she has turned the land into a little village with a chapel (her sister Stella, the sixth of the Parton children, got married there). There's also a schoolhouse, a replica of Locust Ridge School, which Dolly attended (she plays "school" here with her fourteen nieces and nephews); a barn; a guest house; and a garage with a general-store facade—all new structures that mimic the rustic style of Dolly's home on the range.

■ *In the dining room (above), Dolly included touches of Tennessee—from the punched-tin chandelier and a two-plank oak table made in Nashville to the irises, the state flower. Adding to the charm: patchwork window valances made from antique quilts*

NEW COUNTRY DECORATING

Dolly decorated her mountain retreat in the authentic, down-home country style she remembers from her childhood in Tennessee. Today, country remains a back-to-basics decor, with the emphasis on lighter, brighter tones and pared-down motifs. We asked three experts in country decorating for tips on the newest trends. Below, a few of their favorite things to make your house a cozy country home



■ *Stitches in time: Handmade quilts remain a staple of country style*

QUILT CRAZY

An enduring symbol of hearth and home, quilts are shedding their look-but-don't-touch reputation, getting more use not just as wallhangings but as bedspreads and throws, too. Susan Parrish, of Susan Parrish Antiques, NYC, says Amish quilts are still the fave to adorn walls. She notes seasonal trends among quilt buyers, who go for dark-colored log-cabin quilts in the winter, and lighter pastels in the summer. Carefully weigh the age, origin, artistic quality, and rarity of the pattern against the price when buying a quilt.

A PRIZE CACHE

Sea-worthy accessories to fall for hook, line and sinker. The trend shifts from field to stream as fish (decoys and prints) and fishing equipment (antique rods, reels and flies) replace ducks and hunting dogs as the motif of choice for country decors.

GARDEN PARTY

With the renewed concern for the environment comes the desire to bring the outside in. Pat Ross, author of *Formal Country* (Viking Penguin, 1989), says there's no better way to get back to nature than to borrow



■ *Wicker's not just white anymore—and it's not just for the patio*

from the backyard to furnish the inside of the home. Wicker—natural or painted—as well as wrought-iron and twig furniture fill the bill.

BOTANY 101

Matted and framed botanical prints lend an elegant, but not overly flowery, touch. Scout out sea grass, palms, fruit and the



■ *A is for apple: Favorite botanical prints inspired a copycat collection of ceramics*

classic tulips. Hang these pictures in a series together.

BLOOM BOUNTY

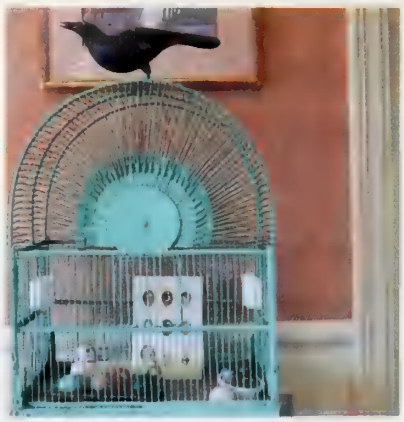
Flowers like those on English chintz have given way to scaled-down original and reproduction American florals, according to Mary Emmerling, author of *Mary Emmerling's American Country Classics* (Clarkson N. Potter, 1990). The buds can be found on upholstered furniture, hooked rugs and needlepoint pillows. ▶

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■ *Dream houses that can charm the birds right out of the trees are the hot new accessory*

NESTING INSTINCT

One of the most popular accessories to feather *your* nest with now is an antique bird cage. Those with delicate, intricate geometric designs like the one above were never really intended to be home-sweet-home to a fine-feathered friend, but their offbeat appeal as collectibles is quickly catching on.

GETTING FRAMED

Every grandma has her brag book, and now end tables, nightstands and mantels are following her cue, showing off the family's cherished photos. What better way to personalize a room? Highlight vintage photos with antique-look gilt and sterling frames; trompe l'oeil designs and faux-grain or marbleized finishes painted on wood frames add a whimsical, witty touch.

CUSHION OF COMFORT

Creating a cozy, homey retreat is what attracted people to country style in the first place, and there's nothing more comfy than cushy, overstuffed furniture to sink into. If your sofa cushions are on the skimpy side, supplement them with lots of plump throw pillows.



■ *The comfort of a "country" home begins with inviting furniture to sit back and really relax in*

COLLECTING MUSTS

New country decorating means no more overcrowded shelves; instead, the key to displaying collectibles is selectivity. Eclectic collections that break from traditional country themes are all the rage (it's okay to mix folk art with fine art, Southwest with Colonial), but each piece should be truly worthy of being displayed. And remember, stuffed shelves tend to highlight collections of dust, not an array of treasured pieces.



■ *Like these antique Indian clubs, collectibles of the "what is* that?" *variety are definitely in*

CERAMICS CLASS

Spongeware (earthenware with color patterns dabbed on as with a sponge) appeared in early nineteenth-century America, and the style remains popular in country kitchens today because of its simple, hand-painted look. Spatterware, which is similar to spongeware in design, has a more random pattern of color. The way to display? Don't simply shelve all your ceramic-plate collectibles; use plate hangers to give them eye-catching prominence on a wall.



LHJ COUNTRY QUILT OFFER

Nothing adds country charm to a room like a treasured homespun quilt. In pioneer days, women would gather together for a quilting bee, lending a hand to help finish one woman's handiwork. These women invested years of stitching time before they could cuddle down with their hand-sewn blankets, but you can get this beautiful, Oval-Link pattern patchwork ready-made. In traditional country colors—cornflower blue and cream—the quilt is machine-washable and 100 percent cotton. A coordinating pillow sham and matching beige dust ruffle are also available. Turn to page 213 to order.

Move to Malibu



merican Tobacco Co. 1989.

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FOOD JOURNAL

What's cooking across America right now? *LHJ* held a fascinating symposium in Chicago to talk about the latest trends with top food experts from coast to coast. Based on our conversations, we developed recipes you and your family will love. What's the number-one trend? Convenience. We created **beat-the-clock dinners** that are delicious, and they couldn't be quicker . . . When it comes to flavor, **some like it hot**. Our sizzling entrées, inspired by fiery Mexican and Indonesian cuisine, are spiced just right . . . Though weekday meals have to be simple, weekends are the perfect time for pleasure cooking. And we can't think of anything more gratifying than **big-deal desserts** . . . California is *the* trendsetting state where innovative chefs melded L.A. cuisine with Asian fare; and when **East meets West**, the results are sensational . . . These days, getting meals on the table is **all in the family**—Dad and the kids are in on the act . . . Proper nutrition is never out of style, but cholesterol isn't the essential factor anymore. Get the **skinny on fat** to be in on the secret to good health . . . Speaking of low fat, **beef is back**! It's leaner than ever, and we've got great ways to serve it up . . . Besides learning what Americans are cooking at home, we discovered what's new in restaurants, too—**cheap eats**. Our classic bistro menu proves why these homey eateries are so popular . . . You can't discuss food trends without mentioning food shopping. While everybody searches for good deals on groceries for daily fare, some of our **best buys** lately are more expensive gourmet items that add a special touch to meals . . . But perhaps the most important shopping strategy is being environmentally aware. We'll teach you **earth angles** that put the future of our planet in perspective . . . Enjoy September's **Food journal**—it's full of noteworthy information and terrific new recipes designed to suit your lifestyle.





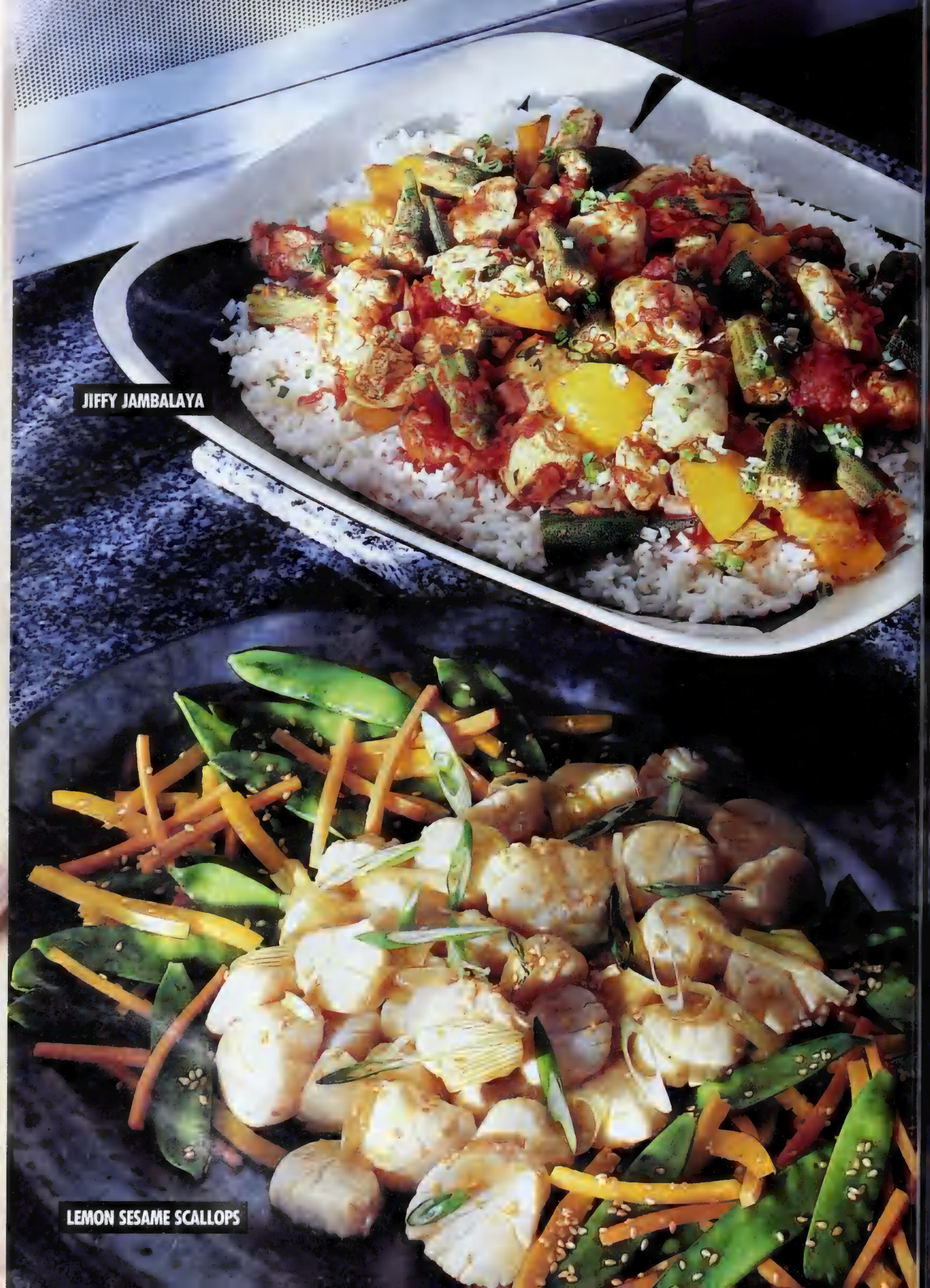


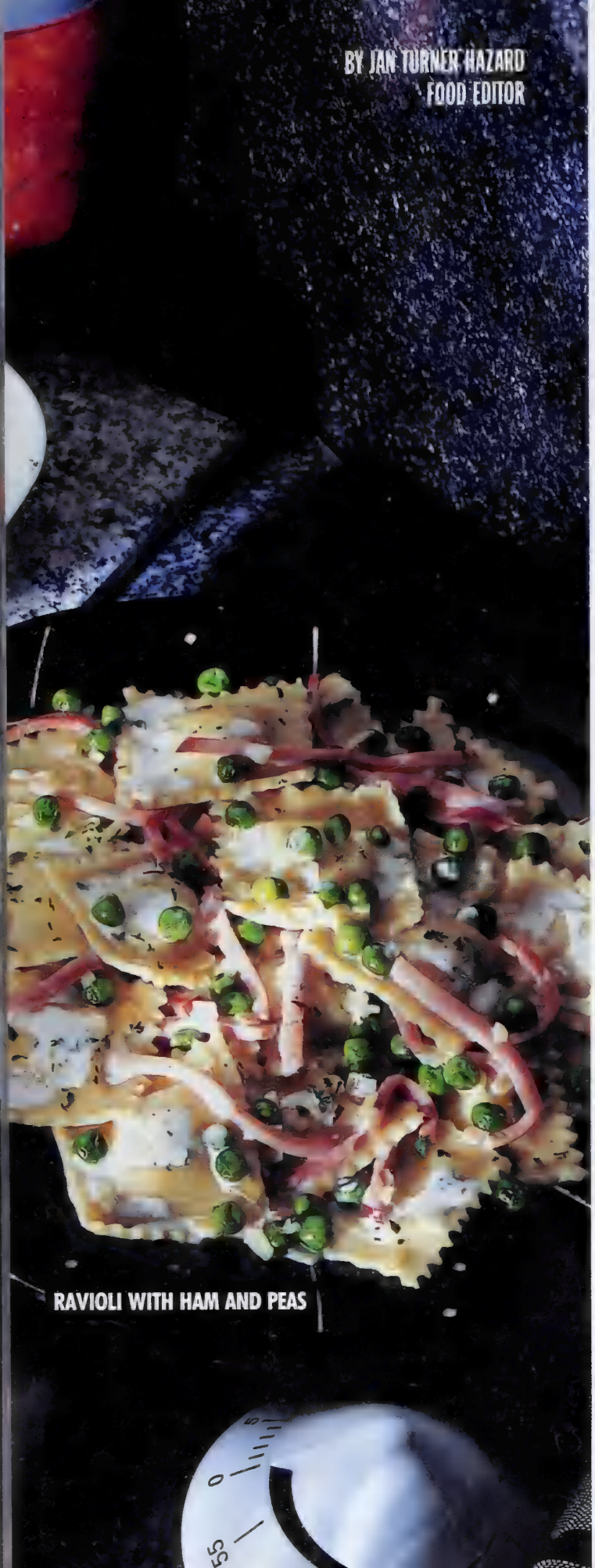






Our symposium panelists: Dotty Griffith, food editor, The Dallas Morning News; Bonita Wyse, dean and professor of nutrition, Utah State University, Logan, Utah; William Rice, food and wine columnist, The Chicago Tribune; Carol Scroggins, consumer-affairs consultant and president of The Consumer Voice, a research and marketing company in Oklahoma City; Paula Hamilton, food editor, The Tribune, Oakland, CA; Tim Zagat, publisher and editor, the Zagat restaurant and hotel surveys.


JIFFY JAMBALAYA
LEMON SESAME SCALLOPS



RAVIOLI WITH HAM AND PEAS

BY JAN TURNER HAZARD
FOOD EDITOR

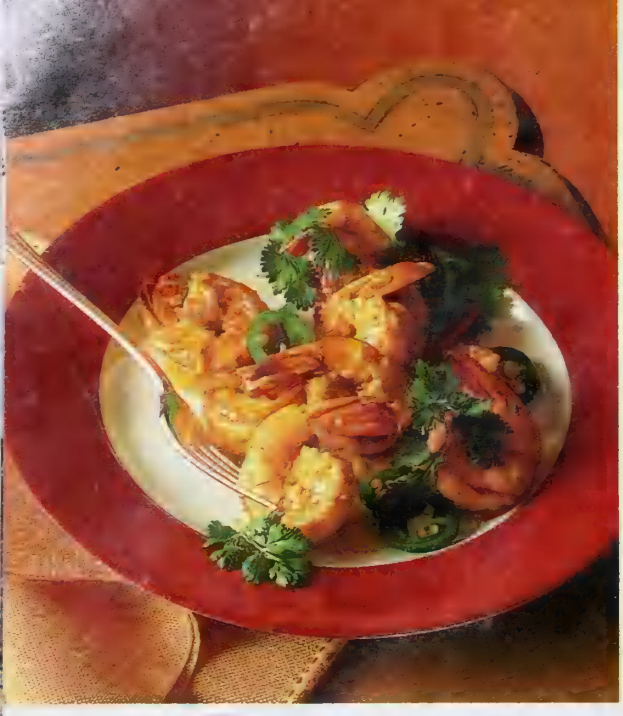
Quick cooking isn't news—it's a fact of life. What *is* new are the many terrific timesaving schemes that help you get dinner on the table faster than ever: twenty-minute entrées, tasty microwave meals, do-ahead dishes

BEAT-THE-CLOCK DINNERS

(prepare and cook a day ahead; finish just before serving) and supper ideas that turn take-out foods into feasts. So, keeping these speedy strategies in mind, we created recipes that make every on-the-go cook a real weekday gourmet

Recipes begin on page 198

Photos, Mark Thomas; prop stylist, Nancy Micklin; food stylist, A.J. Battifarano. Details, page 213.



SOME LIKE IT HOT

Our panel agreed: America's taste buds have been awakened, and they're never going to sleep again! Below, spicy recipes sure to light your fire

INDONESIAN COCONUT SHRIMP

Exotic flavor results from the contrast of pepper and tangy ginger with soothing coconut milk. Look for unsweetened coconut milk in the specialty section of your supermarket.

Prep time: 35 minutes ○
Cooking time: 6 minutes

- ¼ cup minced shallots
- 1½ teaspoons minced fresh ginger
- 1 teaspoon minced garlic
- ½ teaspoon anchovy paste
- ¼ teaspoon salt
- ¼ teaspoon ground red pepper
- ¼ teaspoon turmeric
- ⅛ teaspoon caraway seeds
- Pinch *each* nutmeg and cloves
- 1 pound medium shrimp, peeled and deveined
- 2 teaspoons vegetable oil
- 1 cup unsweetened coconut milk
- ¼ cup cilantro leaves
- 1 green chili, sliced thin

Combine first 10 ingredients in bowl. Add shrimp, toss well and let stand 20 minutes.

Heat oil in skillet over high heat. Add shrimp; stir-fry until opaque, 2 to 3 minutes. Remove and keep warm. Stir coconut milk into skillet and cook 2 minutes. Return shrimp to pan and cook 1 minute more. Transfer to serving dish: sprinkle with cilantro and green chili. Serve with rice. Makes 4 servings.

Nutrition info per serving: 240 calories, 20 gm protein, 16 gm fat, 5 gm carbohydrates, 308 mg sodium, 140 mg cholesterol.

GRILLED CHICKEN BREASTS WITH TOMATILLOS AND SMOKY CHILIES

Chef Rick Bayless of the Frontera Grill, in Chicago, adds heat to simple grilled chicken with chiles chipotles en adobo (smoked jalapeño chilies in a blend of vinegar, tomato and spices).

Prep time: 15 minutes ○
Cooking time: 35 to 40 minutes

- 2 tablespoons vegetable oil
- ½ cup chopped onion
- 1 teaspoon minced garlic
- 1 pound fresh tomatillos,* husked, rinsed and quartered
- 1 can (13¾ oz.) chicken broth
- ½ cup fresh orange juice
- 1 to 2 canned chiles chipotles en adobo,* seeded and sliced
- ¼ teaspoon cumin
- Salt and freshly ground pepper
- 6 boneless, skinless chicken cutlets
- Cilantro sprigs, for garnish

Prepare grill or preheat broiler. Heat oil in saucepan over medium heat. Add onion and cook, stirring, until golden, 7 minutes. Stir in garlic and cook 30 seconds. Add tomatillos and cook until soft, 10 minutes. Stir in broth, juice, chilies and cumin. Cook, stirring, until mixture is thick and reduced to 2 cups, 20 to 30 minutes. Season with salt.

Season chicken with salt and pepper. Grill or broil 3 to 4 minutes per side. Spread sauce on 6 dinner plates. Top with chicken; garnish with cilantro. Makes 6 servings.

Nutrition info per serving: 215 calories, 29 gm protein, 7 gm fat, 7 gm carbohydrates, 473 mg sodium, 68 mg cholesterol.

*Editor's note: Tomatillos (Mexican green tomatoes in husks) and canned chipotle chilies can be found in Latin American markets or the produce section of some supermarkets.



HOT STUFF

CHILIES RANGE IN HEAT FROM MILD TO INTENSE. BELOW, THE SIX MOST POPULAR PEPPERS AND HOW TO USE THEM

mild to hot



ANAHEIM The mildest chili. They turn red as they mature and taste like a slightly spicy green pepper. Used in chiles relleños (stuffed with cheese, battered and fried).



PASILLA Mild to medium-hot. Dark green. When dried, called chili negro. Used mostly in tamales and quesadillas.

hotter



JALAPEÑO The best-known chili. Usually sold green; the equally hot red ones are more mature. Can be used in any dish.



CHIPOTLE A dried, smoked jalapeño with a rich flavor. Used in sauces and relishes.



SERRANO A very hot chili. Looks similar to the jalapeño but has thinner skin. Used in Thai cooking and Mexican salsas.

hottest



HABAÑERO The hottest chili available in the U.S. Usually sold dried; when fresh, they're commonly called Scotch Bonnets. Taste fruity. Used in Mexican salsas. ▶

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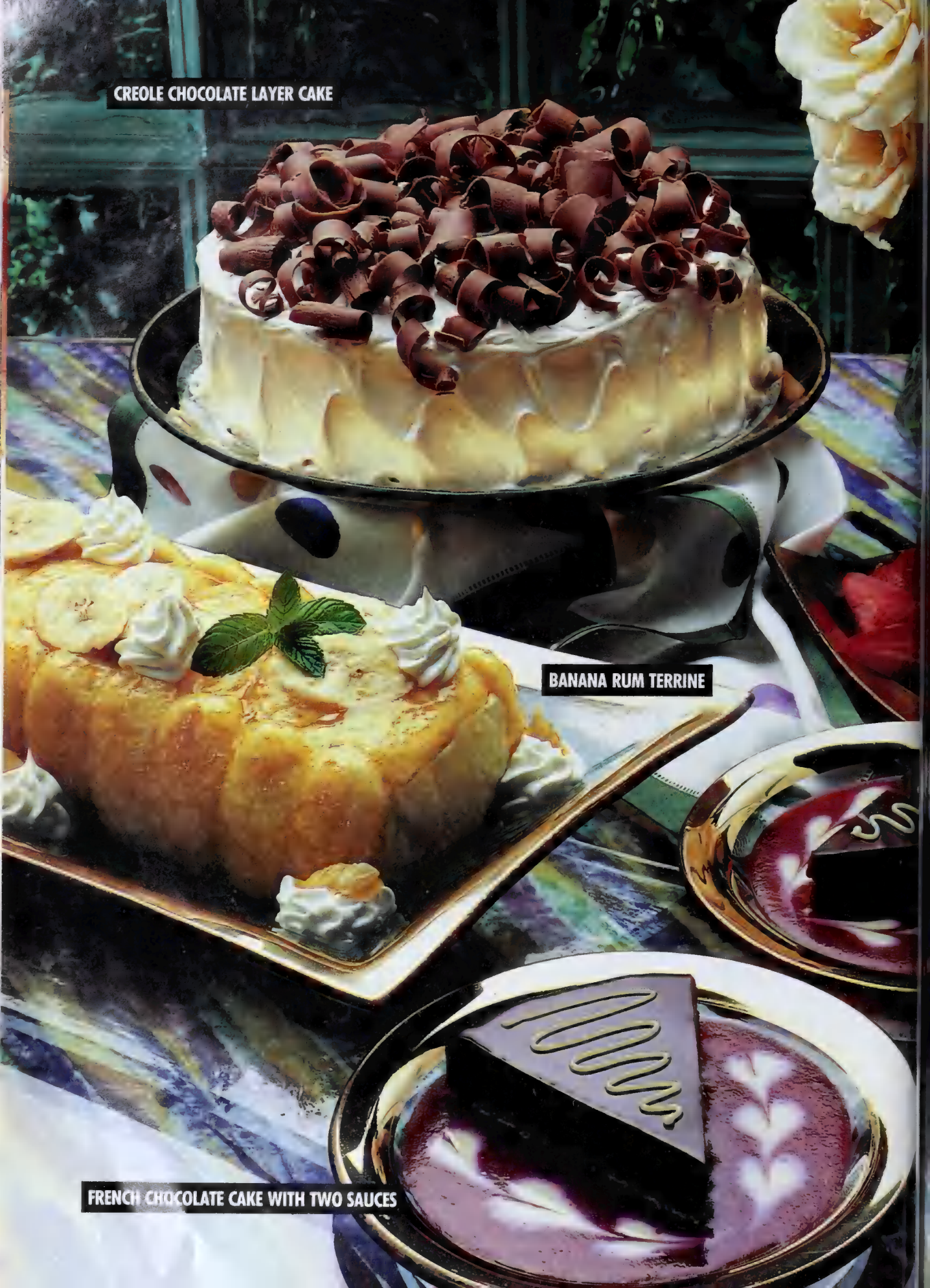
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CREOLE CHOCOLATE LAYER CAKE
BANANA RUM TERRINE
FRENCH CHOCOLATE CAKE WITH TWO SAUCES



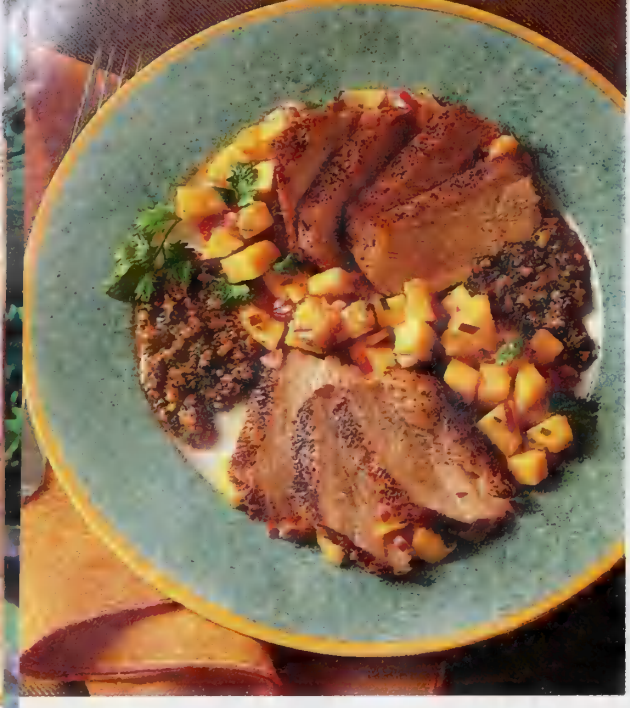
Photos, Thom DeSanto; prop stylist, Debrah Donahue. Details, page 213.

Want to whip up a dessert guaranteed to take their breath away? We suggest the ultimate indulgences from *Maida Heatter's Best Desserts Ever*, the latest cookbook by our favorite baker. Not only are these treats

BIG-DEAL DESSERTS

sinfully delicious, they are absolutely gorgeous! So the next time you plan to really impress your family and friends, go all out and bake one of these knock-'em-dead cakes. We guarantee you'll get compliments galore

Recipes begin on page 208



EAST MEETS WEST

The combination of light, healthy California cuisine and the unique flavors of the Far East is a match made in heaven! One of the trendsetters of this new cooking style is Wolfgang Puck, whose tony L.A. restaurant, Chinois on Main, is famous for this fantastic fare. His recipe, below:

PORK LOIN WITH THAI SAUCE AND PAPAYA SALAD

He's now popularizing Pacific New Wave cooking, but Wolfgang Puck still feeds the famous at his original L.A. restaurant, Spago.

Prep time: 35 minutes
Cooking time: 20 minutes

Thai Paste
- 4 teaspoons minced ginger
- 3 tablespoons Japanese plum wine
- 3 tablespoons chopped cilantro
- 4 teaspoons peanut oil
- ½ jalapeño chili, minced
- 1½ teaspoons turmeric
- 1 teaspoon cumin
- 1 teaspoon honey
- 1 teaspoon balsamic vinegar
- 1 teaspoon Oriental sesame oil
- ¼ teaspoon ground pepper
- ⅛ teaspoon salt
- ¼ cup dry roasted cashews
- 3 tablespoons minced green onions
- 1½ teaspoons minced garlic

Papaya Salad
- 1 papaya, peeled, seeded and diced
- ½ cup diced red onion
- ¼ cup cilantro leaves
- 3 tablespoons fresh lime juice
- ½ jalapeño chili, minced
- 1 tablespoon balsamic vinegar
- 1 teaspoon honey

- 4 pork loin medallions (6 oz. each)
- Salt and pepper
- 1 tablespoon peanut oil
- ⅓ cup chicken broth
- ¼ cup port wine
- 1 teaspoon fresh lime juice
- Cilantro leaves

Thai Paste: Heat ginger and wine in saucepan over medium heat until wine is evaporated; cool. Transfer to blender and blend with next 10 ingredients. With machine on, gradually add cashews; blend until smooth. Transfer to bowl; stir in onions and garlic. *(Can be made ahead. Cover and refrigerate up to 24 hours.)*

Papaya Salad: Combine all ingredients in medium bowl.

Preheat oven to 450°F. Flatten pork between wax paper with side of cleaver. Sprinkle lightly with salt and pepper. Heat oil in large ovenproof skillet over high heat. Add pork and brown well, 2 minutes per side. Transfer to oven and roast 15 minutes. Remove pork; keep warm. Pour off drippings from skillet. Add broth and port to skillet and cook over high heat, scraping up browned bits, until liquid is reduced by half. Whisk in Thai paste, lime juice, and salt and pepper to taste. Slice pork; arrange with sauce and salad on 4 dinner plates. Garnish with cilantro. Makes 4 servings.

Nutrition info per serving: 490 calories, 40 gm protein, 26 gm fat, 21 gm carbohydrates, 286 mg sodium, 107 mg cholesterol.

THE SKINNY ON FAT

There's no doubt about it: The focus of nutrition has changed from controlling cholesterol to lowering fat. Already, most supermarket shelves boast products like no-fat baked goods and low-fat premium ice cream. The reason for this attack on fat is quite simple—a low-fat diet can decrease your risk of certain cancers and heart disease and, of course, keep you slim. How to alter your current diet? Just make sure no more than 30 percent of your total calorie intake is from fat (only a third of *that* should be saturated fat).

ALL IN THE FAMILY

Have you been asking your husband and kids for years to lend a hand with dinner? Haven't we all! And for some folks, preparing meals has truly become a family affair: More men and children are doing the food shopping, and lots of couples are buying groceries together. Women still do most of the from-scratch cooking (though not every night), but according to panel member Carol Scroggins, from-scratch isn't the only way to define cooking. "These days microwaving a pizza is considered cooking." (Isn't that what your husband does on his night to make dinner?) ▶

f You Want Soft, Chewy Chocolate Chip Cookies So Badly You Can Almost Taste It, Bite Out This Recipe and Start Baking.



The Ultimate Chocolate Chip Cookies

- ¾ cup Butter Flavor Crisco
- 1¼ cups firmly packed brown sugar
- 2 tbsps. milk
- 1 tbsp. vanilla
- 1 egg
- 1¾ cups all-purpose flour
- 1 tsp. salt
- ¾ tsp. baking soda
- 1 cup semi-sweet chocolate chips
- 1 cup pecan pieces

Heat oven to 375°F. Cream Butter Flavor Crisco, brown sugar, milk and vanilla in large bowl. Blend until creamy. Blend in egg. Combine flour, salt and baking soda. Add to creamed mixture, gradually. Stir in chocolate chips and nuts. Drop rounded *tablespoonfuls* (about 2 measuring tablespoons) of dough 3 inches apart on ungreased baking sheet. Bake at 375°F. 8 to 10 minutes for chewy cookies, 11 to 13 minutes for crisp cookies. Cool on baking sheet 2 minutes. Remove to cooling rack. Makes 3 dozen 3-inch cookies.

100% pure all vegetable Butter Flavor Crisco with 50% less saturated fat than butter,* no cholesterol, no salt and no preservatives.

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Butter Flavor Crisco is the Recipe For Success. With 50% less saturated fat than butter and no cholesterol.*

*cup for cup basis.


GIANT BEEF TOSTADAS



Photos, Peter Johansky; prop stylist, Randi Barritt; food stylist, Rick Ellis.

In the last few years, beef has gotten a bad rap: Loaded with fat and calories, it was clearly not smart for your heart. But today beef has lightened up; ranchers

BEEF IS BACK

produce leaner cattle, and the fat on cuts is now trimmed to about an eighth of an inch. Still, beef is best in small portions, so it's super for salads, sandwiches and kabobs. Welcome back!

Recipes begin on page 214



CHEAP EATS

More and more restaurants are lowering their prices and offering simpler, down-to-earth fare. Why? Restaurateurs have realized that people are dining out with the family, and they want unpretentious food for a fair price in a comfortable place. Try this simply delicious bistro menu, and you'll understand why homestyle cooking is in.

BISTRO ROASTED CHICKEN

Roast meat and homey cooked vegetables is a typical French-country meal. Don't be put off by the idea of a whole head of garlic—roasting brings out its creamy sweetness.

Prep time: 5 minutes plus standing ○
Cooking time: 45 minutes

- 1 small whole chicken (2½-3 lb.)
- 1 tablespoon butter, softened
- ¾ teaspoon coarse or kosher salt
- ½ teaspoon freshly ground pepper
- ¼ teaspoon thyme
- 1 small head garlic
- ¼ cup plus 2 tablespoons chicken broth
- ¼ cup white wine

Remove chicken from refrigerator 30 minutes before roasting. Preheat oven to 450°F. Rinse chicken under cold water and dry thoroughly. Rub all over with butter. Place in cast-iron skillet; sprinkle with salt, pepper and thyme. Roast 35 to 40 minutes, until meat thermometer inserted in thigh reaches 185°F.

Meanwhile, peel outer skin of garlic and place head in small ramekin with 2 tablespoons broth. Cover tightly and roast 40 minutes.

Transfer chicken to platter; keep warm. Add wine and remaining ¼ cup broth to skillet and boil over high heat 2 minutes, scraping up browned bits. Skim fat and discard. Squeeze garlic cloves from skins and press through sieve. Whisk into pan juices. Cut chicken in half. Serve with pan juices. Makes 2 servings.

Nutrition info per serving: 760 calories, 77 gm protein, 44 gm fat, 11 gm carbohydrates, 1,060 mg sodium, 257 mg cholesterol.

TURNIP-POTATO MASH

Prep time: 5 minutes ○
Cooking time: 20 minutes

- 1 cup cubed turnips (¼ lb.)
- ¼ teaspoon salt
- ½ pound all-purpose potatoes, peeled and cubed
- 2 tablespoons milk
- 2 teaspoons butter
- 2 teaspoons chopped fresh chives or parsley

Place turnips in medium saucepan with salt and water to cover. Bring to boil and boil 5 minutes. Add potatoes and cook until tender, 15 minutes more. Drain and mash with potato masher. Return to pan and stir in milk and butter. Sprinkle with chives. Makes 2 servings.

Nutrition info per serving: 125 calories, 3 gm protein, 4 gm fat, 19 gm carbohydrates, 629 mg sodium, 12 mg cholesterol.

ROASTED TOMATOES

Prep time: 5 minutes ○
Cooking time: 15 minutes

- 2 plum tomatoes
- 2 teaspoons chopped fresh parsley
- 1 teaspoon plain dry bread crumbs
- ¼ teaspoon minced garlic
- ⅛ teaspoon *each* salt and pepper
- 1 teaspoon olive oil

Preheat oven to 450°F. Cut tomatoes in half crosswise and trim ends so tomatoes will stand upright. Place in small baking dish and sprinkle with parsley, bread crumbs, garlic, salt and pepper. Drizzle with oil. Bake 15 minutes. Makes 2 servings.

Nutrition info per serving: 35 calories, 1 gm protein, 2 gm fat, 3 gm carbohydrates, 150 mg sodium, 0 mg cholesterol.

Recipes developed by Lisa Brainerd.

BEST BUYS

Want to make a meal really special? Copy the creative chefs and jazz it up with specialty ingredients like balsamic vinegar or porcini mushrooms. Many cooks are heading to gourmet stores for a few fancy items in addition to regular groceries. Indulging the urge to splurge makes it more fun to cook up a memorable meal.



EARTH ANGLES

Everyone has become environmentally aware. Not only are consumers demanding packaging that produces less garbage (toting groceries in a string bag is a popular way to toe the waste line), they want a limit on pesticides used for growing produce, too—even though pesticide-free produce doesn't look as perfect as the fruits and veggies we're used to. The earth's future is an issue that needs attention. Stay tuned.


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Mac 'n' Cheese
1 (7-oz.) pkg. Creamettes Elbow Macaroni, 2 cups uncooked
2 Tbsp. butter or margarine
2 Tbsp. flour
1 tsp. salt
2 c. milk
1 c. each shredded Colby, Cheddar and Monterey Jack cheeses
1/4 c. grated Parmesan cheese
2 tsp. parsley flakes
2 Tbsp. buttered bread crumbs
Prepare Creamettes® Elbow Macaroni as pkg. directs. Drain. In med. saucepan, melt butter. Stir in flour and salt. Blend in milk. Cook and stir till thickened. Mix cheeses together, reserve 1/4 cup. Add remaining cheese to sauce; stir till melted. Mix in macaroni and parsley. Pour into 2-qt. casserole. Top with reserved cheese and bread crumbs. Bake at 350° for 25 min. Garnish.
Serves 4-6
The macaroni and cheese recipe that gets the Dewey kids home on time calls for Creamettes.
ENRICHED
Creamettes
ELBOW MACARONI
America's having a love affair with Creamette

EAT THE CLOCK
ntinued

e glass microwaveproof baking dish cover with wax paper. Microwave gh 4 minutes. Rearrange chicken in and pour on sauce. Cover and mi- ave on High 4 minutes more. serve, arrange chicken breasts on n rice on serving platter. Spoon ng juices over rice and garnish with jo, green onions and toasted nds. Makes 4 servings.

n info per serving: 540 calories, 32 gm , 24 gm fat, 48 gm carbohydrates, 247 mg , 66 mg cholesterol.

head
Y TOMATO SAUCE



ty minutes of preparation is a price paying for fresh, flavorful tomato that can be stored in the freezer up ee months. We used it to spice up—peed up—Italian pasta, Creole jam- a and three-bean chili.

time: 20 minutes
ng time: 1¼ hours

edium carrots, cut into ½-inch pieces
elery rib, cut into 1-inch pieces
ablespoons olive oil
up chopped onions
ablespoon plus 1 teaspoon minced garlic
ablespoons tomato paste
rge cans (35 oz.) Italian plum tomatoes, chopped, with juice (or 8 pounds fresh tomatoes, peeled, seeded and chopped)
ablespoons chopped flat-leaf parsley
easpoons salt
easpoon freshly ground pepper
easpoon red pepper flakes

d processor with steel blade, pulse ts until chopped fine; remove and side. Add celery and pulse until ed fine.

at oil in Dutch oven over medium- heat. Add onions and garlic and until translucent, about 3 minutes. carrots and celery and continue ng, stirring occasionally, 5 minutes. tomato paste and cook 2 minutes Add tomatoes and all remaining dients. Bring to boil, reduce heat to medium-low and simmer 1 hour. Makes 8 cups with canned tomatoes, 9 cups with fresh.

Nutrition info per cup: 100 calories, 3 gm protein, 4 gm fat, 15 gm carbohydrates, 859 mg sodium, 0 mg cholesterol.

SPAGHETTI WITH SAUSAGE AND MUSHROOMS

Prep time: 5 minutes
Cooking time: 20 minutes

- 1 pound hot or sweet Italian sausage
- ½ pound mushrooms, sliced ¼-inch thick
- 2 cups Zesty Tomato Sauce
- 1 pound spaghetti, cooked according to package directions

Remove sausage from casings and cook in medium skillet over medium-high heat, stirring to break up meat, until sausage is browned, about 5 minutes. Add mushrooms and cook until soft, about 4 minutes, and all moisture has evaporated. Add Zesty Tomato Sauce, reduce heat and simmer uncovered 10 minutes more. Serve over spaghetti. Makes 6 servings.

Nutrition info per serving: 585 calories, 22 gm protein, 26 gm fat, 64 gm carbohydrates, 836 mg sodium, 57 mg cholesterol.

THREE-BEAN CHILI

Prep time: 10 minutes
Cooking time: 15 minutes

- 1½ teaspoons coriander
- 1½ teaspoons cumin
- ½ teaspoon chili powder
- 1 can (15 oz.) kidney beans, drained and rinsed
- 1 can (15 oz.) chick-peas (garbanzo beans), drained and rinsed
- 1 can (15 oz.) white beans, drained and rinsed
- 1 can (4 oz.) whole green chilies, cut into ½-inch pieces (reserve liquid)
- ¼ teaspoon salt
- 3 cups Zesty Tomato Sauce
- 1 cup grated Monterey jack cheese or shredded jicama

Toast coriander, cumin and chili powder in large saucepan over medium-high heat, stirring constantly, 3 minutes. (Be careful not to burn.) Add beans, chilies with liquid, salt and Zesty Tomato Sauce. Bring to boil, reduce heat and simmer 10 minutes. Top with grated cheese. Makes 4 servings.

Nutrition info per serving: 515 calories, 25 gm protein, 14 gm fat, 75 gm carbohydrates, 1,671 mg sodium, 25 mg cholesterol.

JIFFY JAMBALAYA

pictured on pages 186 and 187

Prep time: 15 minutes
Cooking time: 30 minutes

- 2 tablespoons butter or margarine
- ⅓ cup chopped onion
- 1 teaspoon minced garlic
- 1 pound boneless, skinless chicken breasts, cut into 2-inch pieces
- ½ pound fresh okra, cut into 1-inch pieces
- 1 yellow pepper, cored, seeded and cut into 1-inch pieces
- ¼ pound smoked ham, diced in ¼-inch pieces
- 3 cups Zesty Tomato Sauce
- 2 cups cooked long-grain rice
- ¼ cup minced green onions

Melt butter in large skillet over medium-high heat. Add onion and garlic; cook until translucent, about 3 to 4 minutes. Add chicken, okra and yellow pepper and cook, stirring, until chicken is lightly browned, and pepper is tender, about 7 minutes. Add Zesty Tomato Sauce and ham to skillet. Bring to boil, reduce heat and simmer covered, stirring occasionally to prevent sticking, 15 minutes. Serve over rice and sprinkle with green onions. Makes 4 servings.

Nutrition info per serving: 455 calories, 39 gm protein, 12 gm fat, 47 gm carbohydrates, 1,126 mg sodium, 96 mg cholesterol.

Twenty-minute RAVIOLI WITH HAM AND PEAS

pictured on pages 186 and 187

Whip up the creamy sauce while the water is boiling for the pasta. This quick entrée is elegant enough for the most discerning dinner guests.

Total prep time: 20 minutes

- 1½ tablespoons butter or olive oil
- ½ cup chopped onion
- 1 teaspoon minced garlic
- ¼ cup chicken broth
- 1 cup frozen baby peas, thawed
- 1 cup heavy or whipping cream
- ¼ teaspoon freshly ground pepper
- 2 packages (7 or 8 oz. each) fresh cheese ravioli or tortellini
- 2 ounces medium sliced Virginia ham, julienned
- 1 tablespoon finely chopped fresh parsley

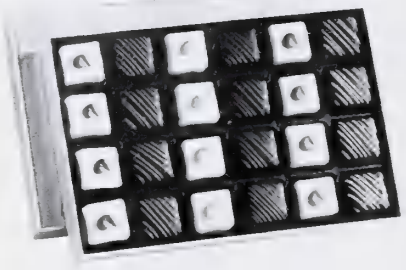
Bring 4 quarts water to boil. Meanwhile, melt butter or heat oil in medium skillet over medium-high heat. Add onion and garlic and cook until translucent, about 3 minutes. Add chicken broth and cook 2 minutes. Add peas, cream and pepper. Bring sauce to boil; boil 5 minutes, stirring occasionally. Add ham.

Meanwhile, cook ravioli according to package directions. Drain. Toss ravioli in large heated serving bowl with cream sauce and sprinkle with parsley. Makes 4 servings.

Nutrition info per serving: 650 calories, 24 gm protein, 44 gm fat, 41 gm carbohydrates, 949 mg sodium, 189 mg cholesterol.

(continued)

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TRAVEL JOURNAL

POINT REYES NATIONAL SEASHORE
ifornia's best-kept secret

hile some seashores seduce you with sunshine and pretty views, Point Reyes beckons with raw energy. The dramatic coastline, ery winds and drifting fog make Northern California peninsula the t spot for contemplation.

e place to take in some of this al drama is the Point Reyes house. Bring a sweater and windbreaker, because the lighthouse, on a promontory, is at the windiest on the Pacific Coast—and the d-foggiest place in North Ameri- ne first being Nantucket). The house is accessible only by the hundred stone steps that lead to it. But the view from the house rail—with the churning sea raggy cliffs below, and the wind ist all around—is exhilarating. ond the coastline, three types of terrain await the wanderer: the northern pastures, the chapparal ridges to the east and west of Limantour Road, and the forests and meadowlands in the southeastern half of the park. The weather is as unpredictable as the land—summer days may be warm and sunny east of Inverness Ridge, while the ocean side may be blanketed with fog. For a walking essay, take the 0.7-mile Earthquake Trail. (Point Reyes was at the epicenter of the history-making 1906 earthquake.)

To learn more about Point Reyes—from earthquake geology to gray whales—stop at the Bear Valley Visitor Center. Here you'll also find information on weather and tides, as well as directions to campgrounds, riding stables and bicycle shops.

You can reach other points in the park by car or foot. Limantour Beach is perfect for wading, beachcombing and picnicking. Another protected spot for wading or sunning is Drake's Beach, home to Drake's Beach Cafe and what have to be the best barbecued oysters on the coast.

There's more to do here than just communing with nature, though. The area around Point Reyes is dotted with beautiful old towns offering fine dining and eclectic shops. In the tiny villages of Inverness and Point Reyes Station, little has changed since the turn of the century: Most buildings are one-story wood storefronts, and the streets are narrow and clean.

When you're tired and hungry, stop at the Point Reyes Seashore Lodge or Olema Inn, both at the junction of Highway 1 and Sir Francis Drake Boulevard. The Seashore Lodge, with its pine beams and polished woodwork, is as pleasing to the eye as it is comfortable. All the rooms look out onto the inn's lush green garden. Many rooms have fireplaces; most have whirlpool tubs. The Olema is more quaint—ceramic tiles, ceiling fans, antiques and fresh flowers fill its rooms. The Olema also has a cozy wine bar where locals and travelers alike gather. Rates at the Seashore Lodge start at $85; at the Olema, $95. While you're in the area, don't miss the Station House Cafe, a lively, friendly bar and grill.

These are only some of Point Reyes' enticements. There is much more to discover, such as Arch Rock, which you can crawl through at low tide, and Sculptured Beach, with its shale tunnels and caves. Whatever you discover here, you will leave with renewed vitality and plenty of memories.

For more information, call the Bear Valley Visitor Center, 415-663-1092.

—KIM ALYSE STEFFGEN


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1 (4-serving size) package *instant* vanilla flavor pudding mix
2 cups (1 pint) Borden® Whipping Cream, whipped
36 vanilla wafers
3 medium bananas, sliced and dipped in ReaLemon® Lemon Juice from Concentrate

In large bowl, combine sweetened condensed milk and water. Add pudding mix; beat well. Chill 5 minutes. Fold in whipped cream. Spoon *1 cup* pudding mixture into 2½-quart glass serving bowl. Top with one-third *each* of the wafers, bananas and pudding. Repeat layering twice, ending with pudding. Chill. Garnish as desired. Refrigerate leftovers.

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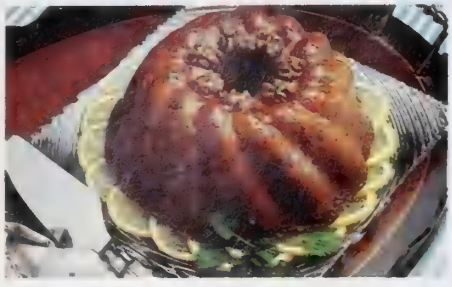
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WALNUT-BUTTERMILK LEMON CAKE



Walnuts and lemon complement one another to make perhaps the best lemon cake of all. This is moist and dense, so it's best to serve it in thin slices.

Prep time: 20 minutes plus cooling ○
Baking time: 60 to 70 minutes

- 3 cups sifted cake flour
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ½ cup butter, softened
- 2 cups sugar
- 1 teaspoon vanilla extract
- 5 large eggs
- ⅔ cup buttermilk
- ⅓ cup fresh lemon juice
- 2 tablespoons grated lemon peel
- 2 cups walnuts, chopped

Glaze
- ½ cup sugar
- ⅓ cup fresh lemon juice

Preheat oven to 350°F. Butter and flour 10-inch (12-cup) Kugelhopf mold or Bundt pan. Sift flour, baking powder and salt together in bowl. Beat butter in another bowl; beat in sugar, then vanilla, until light and fluffy. Add eggs one at a time, beating well after each addition. With mixer at low speed, add dry ingredients alternately with buttermilk, beginning and ending with dry ingredients. Stir in lemon juice and lemon peel, then walnuts. Spoon into prepared pan. Bake 60 to 70 minutes, until toothpick inserted in center comes out clean. Let stand 10 minutes.

Glaze: Meanwhile, combine sugar and lemon juice in bowl, stirring occasionally while cake stands.

Invert cake onto foil-lined rack. Brush immediately with glaze until all glaze is absorbed. Cool. Makes 16 servings.

Nutrition info per serving: 365 calories, 6 gm protein, 17 gm fat, 50 gm carbohydrates, 178 mg sodium, 82 mg cholesterol.

FREE-FORM APPLE TARTS



Preparing these is a joy. The buttery pastry is quickly made in a food processor. And the best part is, you can make both pastry and filling ahead.

Prep time: 1 hour plus chilling
Baking time: 30 to 35 minutes ◒

Pastry
- 1 cup all-purpose flour
- 1 tablespoon sugar
- ¼ teaspoon salt
- ½ cup cold butter, cut up
- 3 tablespoons ice water

Filling
- ¼ cup sugar
- ¼ cup water
- 3 tablespoons butter
- 1 tablespoon grated lemon peel*
- 1 teaspoon cinnamon
- Pinch nutmeg
- 2 pounds tart green apples, peeled and cut into 1-inch pieces
- ¼ cup dark raisins
- ⅓ cup walnuts, coarsely chopped

- 1 egg yolk
- Water
- Sugar
- ⅓ cup apricot preserves

Pastry: Combine flour, sugar and salt in food processor with steel blade. Add butter and pulse 4 or 5 times. With machine on, add ice water all at once through feed tube and process just until mixture is crumbly, 7 or 8 seconds.

On lightly floured surface, quickly press pastry together into an even log. Divide pastry into quarters; shape into disks. Wrap and refrigerate 30 minutes or overnight.

Filling: Combine sugar, water, butter, lemon peel, cinnamon and nutmeg in large skillet. Cook, stirring, over high heat, until butter is melted. Stir in apples, cover, and cook 5 minutes, then cook uncovered, stirring frequently, until liquid is evaporated, 5 minutes more. Stir in raisins. Cool completely. Stir in nuts.

Preheat oven to 450°F. On lightly floured surface, roll each pastry disk into 7-inch circle. Transfer each to cookie sheet; refrigerate 15 minutes. Whisk yolk and 1 tablespoon water together in cup.

Spoon one quarter of the filling in center of each pastry circle, mounding and leaving 1½-inch border. Brush der with water. Working quickly, each border, pinching deep pleats 1 inch apart. Fold pleats over t against filling. Brush egg mixture or and sprinkle filling with sugar. B minutes. Reduce heat to 400°F. and 25 to 30 minutes more, until golde

Meanwhile, melt preserves in pan over medium heat. Strain th fine sieve. Return preserves to sauc keep warm.

Transfer tartlets to wire rack. Im ately brush preserves over top an of tartlets. Serve warm or at roor perature. *(Can be made ahead. tarts; wrap separately in foil. up to 2 weeks. Reheat in foil in oven 30 minutes. Unwrap; bake minutes more, until tarts are hot.)* 4 servings.

**Editor's note: When choosing a lem grated peel, look for firm, thick-s fruit. Place a four-sided grater on c of wax paper, and on the fine side grater, grate only the yellow outer leaving the bitter white pith on the Use a rubber spatula to scrape peel stuck to the grater.*

Nutrition info per serving: 745 calories, 6 tein, 40 gm fat, 96 gm carbohydrates, 465 um, 139 mg cholesterol.

FRENCH CHOCOLATE CAKE WITH TWO SAUCES



Elegant, fudgy and rich, this cake w the chocolate lover. The center cake should not be completely se you remove it from the oven.

Prep time: 40 minutes plus cooling
Baking time: 30 minutes

- 6 squares (6 oz.) semisweet choc chopped fine
- ½ cup butter
- 3 large eggs
- ⅔ cup sugar
- 1 teaspoon vanilla extract
- ½ cup plus 2 tablespoons cake flour*

Honey-Chocolate Glaze
- 2 squares (2 oz.) unsweetened chocolate, chopped
- 2 squares (2 oz.) semisweet cha chopped

(cont



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Peach-Cranberry Pie



Cherry Lattice Pie



Key Lime Cheesecake



Chocolate Chip Pecan Pie



Apple Pie



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¼ cup butter
2 teaspoons honey

White Chocolate Sauce
½ cup heavy or whipping cream
6 ounces white chocolate, chopped fine

Cranberry Sauce
1 cup cranberries
1 cup orange juice
½ cup sugar

Preheat oven to 350°F. Butter 8-inch springform pan. Line bottom with wax paper. Butter paper; flour pan.

Melt chocolate and butter in top of double boiler over simmering water, stirring until smooth. Cool 10 minutes.

Meanwhile, beat eggs and sugar in mixer bowl until mixture is pale and forms a ribbon when beaters are lifted. Beat in vanilla, then chocolate mixture. With mixer at low speed, add flour until just blended. Pour batter into prepared pan.

Bake 28 to 30 minutes, until toothpick inserted in center barely comes out clean. Cool completely in pan on wire rack. Meanwhile, make glaze and sauces.

Honey-Chocolate Glaze: Melt all ingredients in double boiler over simmering water, stirring, until smooth. Cool.

White Chocolate Sauce: Bring cream to low boil in 1-quart saucepan over medium heat. Remove from heat, add chocolate and whisk until smooth. Cool. Makes 1¼ cups.

Cranberry Sauce: Combine all ingredients in 1½-quart saucepan. Bring to low boil over medium heat. Simmer 5 minutes, stirring occasionally; cool. Puree in food processor or blender, then strain through fine sieve. Makes 1¼ cups.

Remove sides of pan. Cover cake with plate and invert; remove bottom of pan and wax paper. Pour glaze over top, smoothing with long metal spatula and letting a little glaze run down sides. Smooth glaze around sides. Let cake stand at room temperature until ready to serve.

Place each slice on dessert plate. Spoon on plate 2 tablespoons cranberry sauce. Drop white chocolate sauce by half-teaspoonfuls 1 inch apart on the cranberry. Run tip of knife through white chocolate sauce to create pattern (see photo. Makes 8 servings.

**Editor's note: Sift flour twice for accurate measuring.*

Nutrition info per serving: 700 calories, 7 gm protein, 45 gm fat, 75 gm carbohydrates, 224 mg sodium, 150 mg cholesterol.

CREOLE CHOCOLATE LAYER CAKE

pictured on pages 190 and 191

This festive cake will turn any meal into a celebration. If you like, make the cake day ahead, but for best results, ice it day you serve it.

Prep time: 45 minutes plus cooling
Baking time: 40 to 45 minutes

4 squares (4 oz.) unsweetened chocolate, coarsely chopped
2 tablespoons butter
1½ cups milk, divided
1 teaspoon baking soda
4 large egg yolks
2 cups sugar, divided
1 tablespoon instant espresso or coffee powder (optional)
1 teaspoon vanilla extract
¾ teaspoon salt
2 cups sifted cake flour

Creole Icing
1½ cups firmly packed brown sug
½ cup water
¼ teaspoon cream of tartar
4 large egg whites, at room temperature
⅛ teaspoon salt
1 teaspoon vanilla extract

Chocolate curls, for garnish (optiona

Preheat oven to 350°F. Butter two 9 round cake pans. Line bottom with paper. Butter paper; flour pans.

Melt chocolate and butter in to double boiler over simmering water ring occasionally, until smooth. Re from heat and set aside.



…mbine ¼ cup milk and baking soda …p. Beat egg yolks, ½ cup sugar, …esso powder, vanilla and salt in mixer at high speed until pale and thick, …t 3 minutes. Reduce speed to medi… …nd beat in chocolate mixture and ¾ …milk. Add baking soda mixture, re… …ing 1½ cups sugar and remaining ½ …milk until smooth. With mixer at low …d, gradually add flour until just …ded. Pour batter evenly into pre… …d pans.

…ke 40 to 45 minutes, until cake just …s to pull away from sides of pans. …diately run small knife around sides …ns and invert cakes onto wire racks. …ve wax paper and invert cakes … on racks to cool completely.

…e *Icing:* Combine sugar, water and …n of tartar in small saucepan. Cook, …g, over medium heat until sugar is …ved. Increase heat to high and cook …syrup reaches 234°F. (thread stage) …ndy thermometer.

…anwhile, beat egg whites and salt in … bowl until just stiff. With mixer at …um-high speed, gradually add syrup …, steady steam. Beat in vanilla. In… …e speed to high and continue beat… …ntil icing is at room temperature and … firm peaks when beaters are lifted, … 10 minutes.

…ce cake layer on serving plate. …d top with one third of the icing. … second layer on top and spread remaining icing on top and sides of cake. Swirl icing with back of spoon. Makes 16 servings.

**Editor's note: You can use light and dark brown sugars interchangeably. Dark brown sugar gives a more pronounced molasses flavor.*

Nutrition info per serving: 300 calories, 4 gm protein, 7 gm fat, 58 gm carbohydrates, 220 mg sodium, 60 mg cholesterol.

LAYERED LEMON ANGEL CAKE

pictured on pages 190 and 191

Luscious lemon filling and billowing whipped cream turn this light angel food cake into a superstar dessert. Any fresh berry makes a perfect garnish.

Prep time: 1½ hours plus chilling
Baking time: 40 to 45 minutes

Cake
- 1 cup unsifted cake flour
- 1½ cups superfine sugar, divided
- 12 large egg whites, at room temperature
- 2 teaspoons vanilla extract
- 1½ teaspoons cream of tartar
- ½ teaspoon salt

Lemon Filling
- 1 envelope unflavored gelatin
- ¼ cup water
- 6 large eggs, separated, at room temperature
- 1½ cups granulated sugar, divided
- ⅔ cup fresh lemon juice
- 5 teaspoons grated lemon peel

Whipped Cream
- 1½ cups heavy or whipping cream
- 3 tablespoons confectioners' sugar
- 1 teaspoon vanilla extract

Raspberries and strawberries, for garnish

Cake: Preheat oven to 375°F. Sift flour and ¾ cup sugar together 3 times; set aside.

Beat egg whites in large mixer bowl at low speed until foamy, about 4 minutes. Add vanilla, cream of tartar and salt, while gradually increasing speed to medium. Gradually add remaining ¾ cup sugar 1 tablespoon at a time, about 5 minutes. When all sugar is incorporated, continue beating at medium speed until mixture holds stiff peaks when beaters are lifted, about 2 minutes more. (Do not overbeat.)

Sift one third of the dry ingredients over whites; carefully fold in with rubber spatula. Repeat twice more with remaining dry ingredients until just blended.

Pour batter into ungreased 10-inch tube pan. Cut through batter with spatula to remove any large air pockets. Bake 40 to 45 minutes, until top of cake springs back when pressed with fingertip. Immediately invert pan onto funnel or bottle; let stand until completely cool.

To loosen, *(continued)*





BIG-DEAL DESSERTS
continued

run metal spatula or knife around side and tube. Invert pan over plate and remove pan.

Lemon Filling: Sprinkle gelatin over water in small bowl to soften, 5 minutes. Whisk egg yolks, ¾ cup sugar, lemon juice and lemon peel together in top of double boiler. Place over simmering water and cook, stirring constantly, until mixture is thick enough to coat spoon and reaches 180°F. on candy thermometer, 12 minutes. Remove mixture from heat and stir in gelatin until dissolved. Transfer to bowl placed in larger bowl filled with ice water. Stir constantly until mixture is cooled but not set, 3 minutes. Remove from ice bath and set aside.

Beat egg whites at medium speed in mixer bowl to soft peaks. Gradually add remaining ¾ cup sugar. Increase speed to high and beat until stiff but not dry.

Return lemon mixture to ice bath. Stir constantly until mixture just begins to mound, 5 minutes. Remove from ice bath and fold half the lemon mixture into beaten egg whites. Then fold whites into remaining lemon mixture. Set aside briefly.

Brush clean 10-inch tube pan lightly with oil. Cut cake into 4 layers. Place smallest layer cut side up in prepared pan. Pour on one third of the lemon filling; spread evenly. Repeat with rem ing cake layers and filling, leaving plain. Refrigerate cake in pan 6 hou overnight.

To loosen, run knife around side tube of pan. Cover pan with serving p and invert; remove pan.

Whipped Cream: Beat all ingredien mixer bowl to stiff peaks.

Spread top and sides of cake whipped cream. Decorate top of with berries. Makes 16 servings.

Nutrition info per serving: 300 calories, 6 gm tein, 10 gm fat, 46 gm carbohydrates, 143 mg um, 110 mg cholesterol.

BANANA RUM TERRINE

pictured on pages 190 and 191

The most delicious, it-can't-get-any-be than-this, rum-banana filling chilled loaf pan lined with ladyfingers. It coul called an icebox cake, a charlotte terrine, but by any name, this is happi

Total prep time: 1 hour plus chilling

- 1½ packages (3 oz. each) ladyfinge
- ⅔ cup apricot preserves
- 2 tablespoons water
- 1 tablespoon dark rum

Filling
- 1 envelope plus 1 teaspoon unflavored gelatin
- ¼ cup water
- ¾ cup dark rum
- 5 large egg yolks
- ¾ cup sugar
- ¼ teaspoon vanilla extract
- Pinch salt
- 1 cup heavy or whipping cream, beaten to stiff peaks
- 2 large ripe bananas, chilled

- 1 large ripe banana, sliced
- Sweetened whipped cream

Line 13¾x4¼x2¾-inch (10-cup) loaf with foil, or lightly oil 9x3-inch r springform pan. Line bottom and sid pan with ladyfingers, rounded side

Melt apricot preserves, water and in small saucepan over medium Strain through fine sieve into small Brush inside of ladyfingers with hal apricot mixture. (Reserve remaining ture for glaze.)

Filling: Sprinkle gelatin over water cup glass measure to soften, 5 mi Stir in ¼ cup rum. Place glass measu small skillet with simmering water an until gelatin is dissolved, about 3 mi

Whisk egg yolks in top of double over simmering water. Gradually sugar and beat until mixture is thick and reaches 160°F. on candy therm eter, about 10 minutes. Transfer to Gradually whisk in dissolved gelati maining ½ cup rum, and the vanilla salt. Place bowl in larger bowl filled ice water. Cool, stirring constantly,

ıre is slightly thickened, about 7 minutes. Remove from ice and fold in one third of the whipped cream, then fold in ining whipped cream.

el chilled bananas, halve lengthwise, then cut into ½-inch pieces. Fold into filling. Return to ice bath; cool, stirring sionally, until bananas are suspended in mixture and it ıds slightly when dropped from spoon. Pour filling into ared pan. Refrigerate uncovered until firm, about 15 min- Cover; refrigerate 4 hours or overnight.

ver terrine with serving plate. Invert and remove pan and Peel unchilled banana; slice diagonally.

heat apricot glaze. Brush three quarters of the remaining over top and sides of terrine. Garnish with sliced banana whipped cream as desired. Brush banana with remaining . Serve with whipped cream. Makes 12 servings.

ın info per serving: 295 calories, 3 gm protein, 10 gm fat, 40 gm ydrates, 32 mg sodium, 154 mg cholesterol.

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GARDEN-FRESH TURKEY BURGERS

1-lb. ground turkey
1 cup **Quaker® Oats (Quick or Old Fashioned,** uncooked)
3/4 cup finely chopped onion
3/4 cup finely chopped red or green bell pepper
1/2 cup shredded zucchini (about 1 small)
1/4 cup catsup
2 cloves garlic, crushed
6 whole grain rolls, split, toasted
1/2 cup sour half and half

Lightly spray rack of broiler pan with vegetable oil cooking spray or oil lightly. Combine first seven ingredients; mix well. Shape into six burgers. Place on rack of prepared pan or over medium-hot coals on outdoor grill 6 inches from heat. Broil 7 to 9 minutes on each side or until golden brown. Serve on rolls with rounded tablespoon sour half and half per serving. Garnish with lettuce and sliced tomato, if desired. **Nutrition Information:** Each serving (1 burger) Calories 330, Protein 20g, Carbohydrates 37g, Fat 11g, Cholesterol 65 mg, Sodium 400 mg, Dietary Fiber 3g. Percent of calories from fat: 31%. **6 SERVINGS.**

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THE NEW GOLD RUSH

ontinued from page 164

ic accidents and parking viola-
s. Other categories on the increase
ıde burglaries and "disturbance
," or reports of fights. Bradley
ıes the surge on the number of
blers descending on the city each
, usually doubling or tripling the
ılation. "I expect we'll continue to
a lot more drunken driving and
ırbance calls," he says. In re-
se, he plans to increase the num-
of officers—from eight to eleven.

leadly game

all too many people in Deadwood,
bling has brought not riches but
and even addiction. In response, a
chapter of Gamblers Anonymous
has sprung up.
seemed like when we got started,
ouldn't quit," says Bonnie*, who
her husband, Ed*, began the GA
ter. "We were consumed by it." On
mbined income of $28,000 per
Bonnie, who works as a custodi-
nd Ed, a miner, were losing up to
in a single night.
ow we have fourteen members,"
ays. "Some have lost almost every-

nes have been changed.

thing. One woman wrote five thousand dollars in bad checks in three days."

As gaming stretched the resources of many families, reports of abuse and neglect increased at the state's Child Protection Services. Within the first five months after the casinos opened, the office was swamped; calls shot up 60 percent in January alone. The reports ran the gamut from children who were sent to school hungry, to physical and sexual abuse.

"I would say we're seeing a considerable impact," says Lora Hawkins, the agency's supervisor. "We've had five families where we've had to remove the children from the home, and it was directly related to gambling. Some families left town on the advice of a therapist—they were addicted."

Moving on

For Debbie Renner, Deadwood was home. She wanted her children to have the same unhurried, small-town upbringing that she had. She soon realized, she said, that was no longer possible. Renner finally decided to move one day last year when she was walking past the slot machine in the Safeway supermarket with her eight-year-old daughter, Edie. A woman playing the dollar slots hit a $1,000 jackpot. Lights began spinning, trumpets sounded, and coins poured from the bottom of the machine. A crowd gathered, and Debbie noticed that Edie was wide-eyed. Renner tried to explain that not everyone wins and that no one wins all the time. Overhearing, the woman turned around and shouted victoriously, "I do!"

"She could have said nothing, or she could have backed me up," Renner says, shaking her head in disgust. "There was no place left in town to get away from it."

In April, Renner and her husband, Steve, who works as an assayer with the local mine, left town with their three children, aged eight to fourteen. Their new home is in Spearfish, fifteen miles away.

Like other residents who opposed legalized gambling, Renner regrets not having fought harder. "I gave in too easy," she says wearily as she sits in a diner near her new home. "I'll never do that again."

She stops and looks out the window, toward the town where she had hoped to make a home for her family. "I don't like the idea that my town has been taken over," she says softly. "This was a community. Now there's nothing." ■

Kathryn Casey is a contributing editor of Ladies' Home Journal.



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CARRIE FISHER

continued from page 98

'Do you want to go to the movies?' "

Peppered throughout are references to Gustave Flaubert's *A Sentimental Education*, George Eliot's *Middlemarch* and Jane Austen's novels. "It's a compensation thing," she admits. "It's as if I'm saying, 'See, I'm smart. Even if I didn't finish high school. Even if I am an actress.' "

The fact is, Fisher has been showing off her mind longer than she's been performing. Debbie Reynolds remembers her daughter as a five-year-old writing "wonderful poetry, wonderful sayings, deep thoughts." From the time she was eleven, Carrie says, she kept a journal, thinking, Someone might read this. At fifteen, she was writing "pretentious poetry." "Writing has always been a way of handling how I feel," she explains. "It's like getting everything in a somewhat cohesive ball and throwing it across the room. It rids you of it. It's like detox."

A humorous essay by Fisher in *Esquire* magazine eventually metamorphosed into *Postcards*. Still, the big advances for that book and *Surrender* haven't inspired Fisher to tear up her Screen Actors Guild membership card. She recently finished shooting the new Carl Reiner comedy, *Sibling Rivalry*, due out next year.

But acting isn't all that great a fit for her anyway, she claims. "I have too big a personality to ever have it be completely appropriate to any role I might play," says Carrie.

There is a certain relief, though, to being a part-time actress. For one thing, you don't have to spend all that time blow-drying your hair and worrying that all that water you retain will make you look fat on-screen. For another, more important thing, you get to sleep late. "The bad thing about acting is the hours," says Fisher. "I can't stand getting up early because I just sit up all night and think, Ooh, I have to get up in three more hours."

On the other hand, acting is a lot easier than writing, because "no one caters writing. No one picks you up and drives you over to your computer or puts makeup on you so you can write on your legal pads," Fisher says.

There's a sudden twittering down the hall. Fisher responds to a puzzled look by introducing her parrots, Joan and Dean. "I'm trying to teach them to say 'pharmacological,' " she says.

Yes, that's a word Carrie Fisher knows well, but it's not something she really wants to talk about. She was thoroughly grilled on the subject when *Postcards* came out. During the pu ity tour for the book, she told all a her addiction to a treacherous mix of psychedelics and painkillers. Bu more talk about drugs; she do want to sound like Joan of Narc cept to say she's clean.

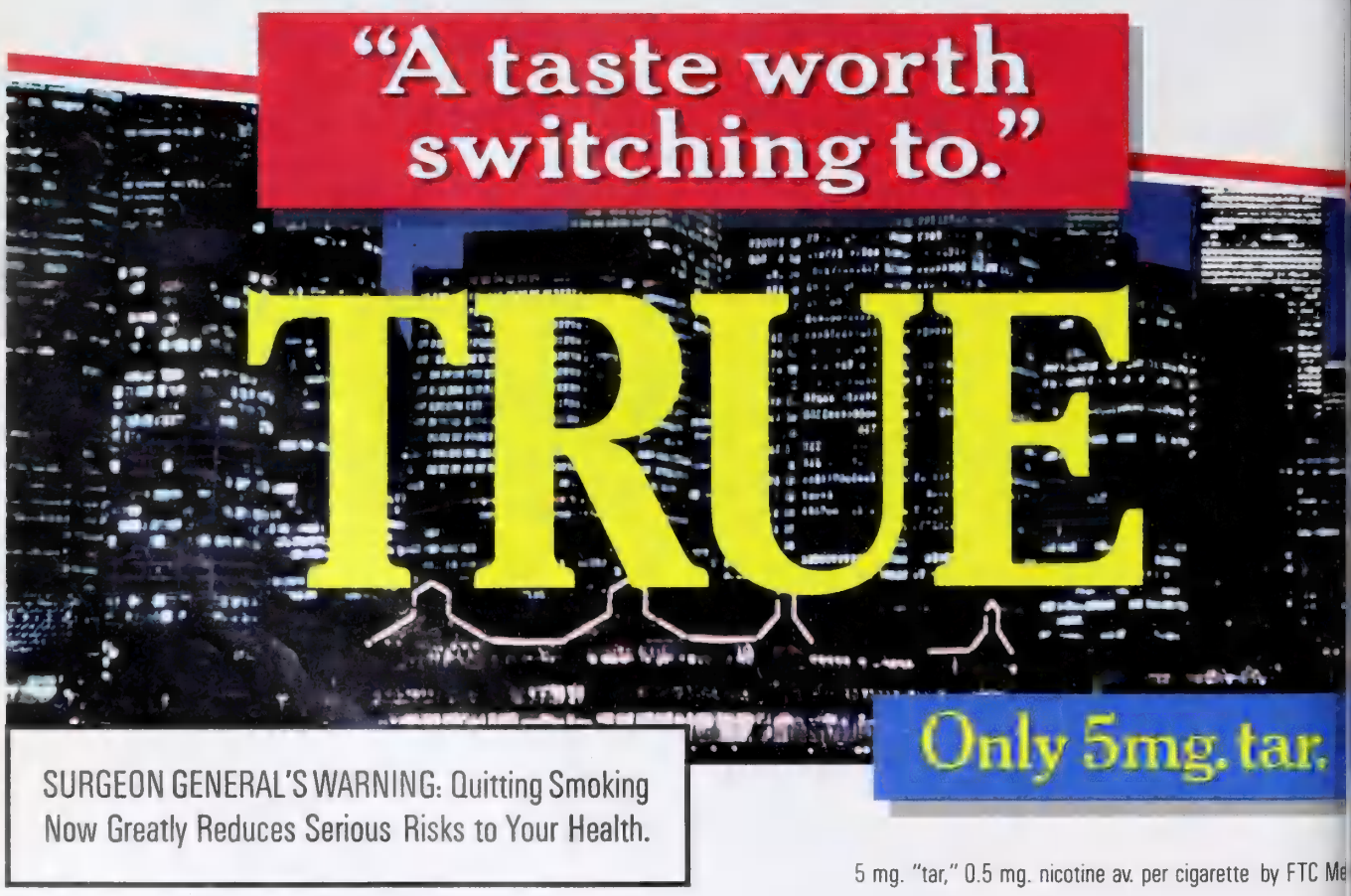
"Being a celebrity sets you ap says Fisher, "and when you're a you want to fit in. Drugs were one to feel less alone. If I take acid everybody, then we're all on the s drug. If I'm myself, well, nobody had Elizabeth Taylor as a stepmo

"I can't run into a room and 'You know how you felt when you your dad more on TV than you d life?' Literally, the only person I talk to about this is Jamie Lee Cu Her father [Tony Curtis] was a v anizer and a drug user. So was m

For Fisher, the unexamined life not seem worth living. "Carrie loo everything very hard," says her m er. "Her first words were *why? w that?* and *what does that mean?* was always a questioning, searc personality."

Right now, Fisher is searching another smoke.

This latest one may be in anti tion of how the film version of *cards* will be received. But she is concerned with what critics will



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with what Mom will think. "The er and daughter have a terrible in the movie," explains Carrie, e that viewers will assume it's a ctment of real-life strife. "I feel bout it because my mother is a c figure and I am, and what will en now is that she's going to do views and people are going to say, when you fought with Carrie drugs, did you really . . .' " rrie and I never fought," says She wanted to play the mother *ostcards*, but Shirley MacLaine he role. "I don't approve of yell- insists Reynolds. "We had our years when she was growing up, tried to stay away and let her he. She's a very fine young wom- ne overcame problems in her per- life. I adore her."

e adoration is mutual. "I am very her child," says Carrie. "She's an ordinary act to follow. My mother real center of attention. So you rise to the occasion or you get bled in the dust. I rose to the occa- and that's good."

rrie's relationship with her father it more complex. "My father isn't a father type of guy," she says ally. "He's an unruly sibling. He's mely charming and energetic and ich unlike a father . . . We were all destroyed by *Father Knows Best.* Nobody ever called me Kitten and pulled me on his lap when I cried about not being invited to the prom. I saw my father once a year. My father had children because they were a by-product of sex. And I think he's glad to have them, but I think he's sort of bewildered by it."

Given that her parents have racked up seven marriages between them (three for Debbie and four for Eddie)—and that her own ended in divorce—Carrie is skeptical about commitment. "I think it's the notion of what a marriage is supposed to be like that beats up the marriage, at least in my experience," she says. Right now, her most constant male companion is her Jack Russell terrier, Buddy. "You're a fat Hallmark dog," she coos as Buddy sits up and begs. "That's his only trick."

Fisher is a little more skittish about discussing the two-legged males in her life. "I'm seeing someone or maybe a couple of people," she says. "Or maybe it's just one person who *acts* like a couple of people. I hope so. Then it would be really interesting."

Hmmm. That sounds like a good plot for a novel . . . or a movie . . . or . . . ■

Joanne Kaufman writes frequently about celebrities for LHJ.

■ A WOMAN TODAY

continued from page 24

next week was frantic with activity and much excitement as we prepared for the June 3 visit. More officials, advance people and reporters visited us, and we received dozens of requests for interviews from news organizations around the world, including the Soviet media.

Our family and neighbors were as excited as we were. The city donated a mile of red ribbon to our neighborhood, and the residents decorated the trees with it. People planted flowers and spruced up their lawns.

We all pitched in to get the house ready; Steve took a couple of days off from his teaching job to help out. We took the piano and sewing machine out of the dining room to make room for the visitors and press, then rearranged the rest of the furniture and washed our walls and ceilings.

We had decided to serve Mrs. Gorbachev tea and several types of traditional American cookies. I even splurged on a nice thermal pot to keep the tea hot while it sat on the table. I thought about buying fancy china but decided that wouldn't be right; Raisa Gorbachev was coming to see how a typical American family lived. My everyday Corelle Livingware would be fine. *(continued)*



A WOMAN TODAY
continued

People began to arrive at our house at eight A.M. on the big day. Secret Service men and Soviet security agents were posted at every door, and the first floor was a circus of reporters and officials. We stayed upstairs, away from the commotion. Some twenty-five hundred onlookers had already crammed into our neighborhood, while another ten thousand filled the streets of Minneapolis.

By midafternoon, I was dressed and helping the kids get ready. Our advance team told us that Mrs. Gorbachev would be visiting a store before she came here.

At six-thirty P.M., the advance team announced that her motorcade was heading to our home, forty-five minutes behind schedule. The butterflies began—it was really happening!

On cue, Lisa and I went outside and stood at the curb. Near us was a group of one hundred twenty-five children from neighborhood schools holding an eighteen-foot red banner that said, "Good Neighbors, World Peace" in English and Russian.

Unfortunately, the warm weather we'd been having had turned quite chilly, and I shivered in my sleeveless sweater and thin skirt. But when Mrs. Gorbachev stepped out of her limousine, I forgot about my discomfort. She was lovely: petite, with well-groomed reddish hair. She wore an attractive red and black suit, accented by a stylish brooch and earrings.

Lisa handed her a bouquet of flowers, and I greeted her, saying, "Welcome to Garfield Avenue" in English. Then, in Russian, I said, "Mwee zhelaium schastya vam—We wish you happiness." Mrs. Gorbachev smiled warmly in response; I hoped she felt welcome.

When we escorted her inside, the first room we showed her was our kitchen. Next, we went into our dining room, where Lola Perpich, the governor's wife, Steve and the other children were waiting. When we were all seated, Mrs. Gorbachev asked that the press move a few feet away from us so that we might have more space and privacy. Although the visit was supposed to last twenty minutes, Mrs. Gorbachev completely ignored the time—and the signals of the advance people—as she began talking to us. Of the array of cookies, she only took one, and didn't drink the tea. There was no time to eat!

She first asked about our finances: how much we spend for necessities, and how we could afford clothes for six people. I said, "We go to garage sales." Her interpreter pointed to our garage, and I could tell she was confused.

When she saw our backyard and rage through the window, she asked "Is *all* of this yours?" I wasn't quite s what she meant; I guessed that thought we had a lot of space. Later, learned that Soviet citizens are entit to own a building or a home, but t cannot own land. Mrs. Gorbachev m have been amazed that we owned only a house, but a front yard, backy and land for the garage!

Then she began asking about the we live. She seemed intrigued by fact that I have four children (in Rus it's unusual to have so many), w part-time as a postpartum nurse clean my own house.

"Where are the *babushkas* [gra mothers]?" she wanted to know. In Soviet Union, grandmothers take c of their grandchildren while the m ers go to work. She was interested learn that Steve and I don't expect mothers to provide day care for our c dren, although they sometimes do he

Mrs. Gorbachev then talked to I about her trip to Moscow, and I showed her a scrapbook of pictures postcards from the trip. Lisa also that she had made a friend in Mos and was waiting for a letter from To our delight, Mrs. Gorbachev ask "Would you like to write to me?" had one of her aides give Lisa her

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Monday Tuesday Wednesday

s. We were all so touched.
ter Mrs. Gorbachev had finished questions, she invited us to ask her hing we liked. There was one thing nted to know: "Why did you want to an American family?"
ith a gracious smile, she replied, "I ed to see an American family with wn eyes. I read many articles about ricans. I watch much TV news and d several newspapers. But journal- aren't often objective. Sometimes report from their point of view.
wanted to see for myself about rican life," she continued. "I want- *meet* an American family."
fore we knew it, a full hour had ed and Mrs. Gorbachev had to go. said she hoped we would all visit J.S.S.R. soon.
en we exchanged gifts. We present- r with two large T-shirts commem- ng the play Lisa performed in Mos- *Rembrandt Takes a Walk*, and a tion of classic children's books. She us that she could understand En- and wouldn't need a translator to them. We also gave her a piece of e's artwork—an abstract pencil ing with watercolor—and a photo n with our favorite family pictures. turn, Mrs. Gorbachev gave us an nous box of chocolates and, for the ren, pop-up books of Russian fairy tales. She then presented us with an exquisite blue-and-white ceramic pot, which is used to brew *kvass*, a lightly fermented drink. The pot had four figurines; Mrs. Gorbachev counted to four—in English—then said that the figurines represented our four children. We were overwhelmed!

At seven-thirty, Mrs. Gorbachev's visit was over. We went outside, where she warmly hugged first Lisa, then me, then took our hands and raised them high in the air. She told the crowd outside, "I fell in love with the Watson family. I fell in love with the American people a thousand times!"

She next went over to the crowd of children and asked if she could keep their banner. When Raisa Gorbachev's Zil limousine finally sped off, both Lisa and I were moved—and I'm sure I saw the Soviet First Lady's eyes welling up.

Now that time has passed, I still feel a glow. I can hardly believe that this wonderful day really happened, but the beautiful *kvass* pot serves as positive proof that it did.

I hope that a part of my family and neighborhood will remain with Mrs. Gorbachev, as a part of her has with us. I also hope that the Gorbachevs' commitment to *glasnost* will help make the world a safer, more peaceful place for my children and grandchildren. ■

GUESS WHO DIDN'T COME TO OUR HOUSE

When Richard and Cecilia Brand heard that Raisa and Mikhail Gorbachev wanted to visit their dairy farm, they enlisted their five children and a platoon of neighbors from their rural town of Farmington, Minnesota, to set out window boxes of petunias, touch up the paint on their seventy-five-year-old house, do some landscaping and smooth the gravel road that leads to their farm. Some of the two hundred fifty holsteins even got a special shampoo and comb-out.

G-Day arrived. The house and herd were immaculate, the Secret Service and Soviet agents were at their stations, and the lemonade was freshly squeezed. Then came the blow: Official schedules ran late and the farm visit had to be canceled. The Brands were rushed to the airport to say good-bye to the Gorbachevs, who expressed their regrets and exchanged gifts before flying off.

Cecilia admits to being a bit disappointed, but like any good dairy farmer, she tried not to cry over spilled milk. "We'll never forget meeting the Gorbachevs," she says. "It was incredible from beginning to end."



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SORROW

continued from page 158

to drive her to her friend's, I was angry. All the way over in the car, I yelled at her for always doing things at the last possible minute.

As she got out of the car, it dawned on me that I was acting like a shrew. I said, "Cari, you know that I love you, don't you?" She looked at me and said, "Oh, Mother, don't be so mushy." And she went off to be with her friend.

I never saw her alive again.

The next day, when I arrived home, I saw my dad and my ex-husband, Steve, sitting in the front yard. When I got out of the car, Steve and Dad approached me.

"What's wrong?" I asked.

Steve said, "Honey, we've lost Cari."

I patted him on the back and said, "It's all right, we'll find her."

"You don't understand," he said. "She's been killed. She was run over."

I collapsed. They carried me into the house, and I screamed all the way in. A few years before, when my son Travis was four, he'd been critically injured in a car accident and was in a coma for five days. He pulled through, but it was a terrible time for us all. I couldn't believe this could happen again.

Part of me was utterly numb. I was filled with despair and anger. I got a bottle of wine out of the refrigerator and began drinking. I had quit smoking a few months earlier but started again. A lot of people were calling and coming over. My daughter Serena, Cari's twin, wandered in and out, a look of utter disbelief on her face. And I remember my nine-year-old son, Travis, turning to me and saying, "I guess she wasn't as lucky as me."

I called the hospital and asked if there was a way I could donate my daughter's organs. That's when I learned the reality of what had happened to my child. Cari had been thrown 125 feet. They informed me that she was so badly mutilated, there was nothing they could save. I hung up feeling completely helpless.

That night I kept thinking, I really want to see her one more time. Eventually, I lay down on my bed, where Serena had fallen asleep.

I remained wide awake. Then something happened that I know was not a dream. I saw Cari standing at the corner of my bed. She was wearing shorty pajamas. She silently communicated to me that she was okay. I felt comforted, but I was afraid that if I moved, I'd lose her. So I stayed still for as long as possible. And in time she was gone. I felt better having seen her.

The next day I threw myself into the funeral plans: I concentrated on the details. I was still in shock, still in denial. My child was dead, but the unimaginable reality of that was more than I could bear.

The California Highway Patrol called the day after the funeral. They had caught the alleged driver. His name was Clarence William Busch.

I told my friends who were at the house that he'd been caught. We planned to go to dinner and left for a local steak house. On the way, I noticed two highway patrolmen by the road where Cari had been killed. I pulled over and walked over to them.

"Are you investigating the death of Cari Lightner?" I asked. They nodded, and I said, "I'm her mother."

They extended their sympathies and one of them said, "I guess you know the whole story."

"Yes," I replied, without having any idea what he was talking about.

And he said, "I guess you know he was drunk at the time."

"Yes," I nodded, wanting to hear more details.

"You know he's got four prior arrests," and again I responded, "Yes."

"I guess you also know he had one just two days before he hit your daughter." I nodded again. On the inside, I was furious.

"He killed my child. So now he'll go to prison, won't he?" I asked.

The highway patrolman looke me and said, "Lady, you'll be luc he sees any jail time at all. That' way the system works."

I felt enraged and helpless. Whe reached the restaurant, we sat ing for a table, and I kept as "What am I going to do?"

Finally my sister said, "I don't what you're going to do, but you' ing to do something."

"You're right," I said. "I am." no idea what it would be—unti friend Leslie spoke.

"Why don't you start an orga tion—call it something like M Mothers Against Drunk Driving? said—just like that.

I knew at that moment she right. And that's how MADD sta

Through MADD, I found a w deal with my anger, a way to addr serious social problem that had t my daughter from me and a way my time up for many years to Cari's death plunged me into the pain I had ever imagined, a turned my life around. Before death, I was a divorced mother ra three children and selling real e Within a few months after her de had become a public personality crusader with a cause.

In the meantime, Clarence Wi Busch went to trial. For killin daughter, he was sentenced t years, of which he eventually s sixteen months, and was released

During these years, I believe work with MADD was a good w grieve. But I was wrong. As an ist, I was far more attuned to the lative process than I was to the ing process.

I was so filled with rage, so fir about my cause that I was unst ble. MADD became a twenty hour-a-day, seven-days-a-week jo attention as a mother should gone to my two other children, avoided that, too. Much later on, na and Travis told me how muc resented my involvement. They right: I did put MADD first, shouldn't have. I was so obsesse in many ways, I did not permit go on outside MADD.

Rather than accepting Cari's I kept her alive. I would take picture to TV stations and events. Every time that picture the newspaper or on television, able to postpone my grieving a longer. Instead of focusing on th of Cari's life, I focused on the m in which she died.

Of course, I'm pleased with thing I was able to accom Roughly twenty-four thousand

very year in accidents in which ol is a factor. It's a horrifying sta- , and during those years with D, I was able to change public ıdes toward drunk driving.
roughout this period, there were when I thought I had come to t Cari's death. But I didn't truly grieving until December 1985, I decided to leave MADD. I called rmer psychiatrist and tried to ex- what I was feeling.
ıu dealt with your anger. Now ıave to deal with your pain," he ne. He recommended that I make pointment with a psychologist.
e pain was incredible. That tmas, I felt as if my little girl had he day before. I cried constantly. an mourning for Cari but soon ed I was mourning for more than ıughter. I also grieved for my loss ADD and my changing role. ıt initial painful period lasted two years before it began to off. I moved back to California

er than accepting Cari's death, I kept her alive. Each time her picture was in the newspaper or on television, I was able to postpone my grieving a little longer.

Texas so I could live on the —the ocean is very healing to /hen I gaze out at that vast mag- e of water, my problems seem ːe in comparison.
ɔent a great deal of time alone and I discovered the difference en isolation and solitude. My son ecided to stay in Texas, and Sere- d moved to New York. This was rst time I had ever lived alone, ɔ my surprise, I loved it.
the months passed, I felt increas- calm. And I slowly came to a of myself as an individual, not as ivist or a real estate salesperson ife or even a mother.
ll cry. I still miss her. There are —Christmas is one of them— the pain reappears. But it is no unendurable. Yes, I'm sad. But dness doesn't last long. When I ıber her now, I think about how ved, not how she died.

TO COPE WITH GRIEF AND ON WITH YOUR LIFE

Cari was killed, I didn't know was normal or what to expect. have learned. I've interviewed ɔlogists and more than one hun- ɔeople whose lives were forever ed by the death of someone they and I've learned that the road h grief is a rocky one. Traveling it requires courage, patience, n and hope. It is my wish that the following advice will help you to find those qualities in yourself.

Express yourself

■ Let yourself experience not just sorrow and loss, but anger, guilt, even triumph. Most people are afraid that if they admit their real feelings, they may go crazy or lose control. In fact, by expressing feelings, we release them. If you're feeling angry, kick a pillow, yell at a photograph of your loved one, or scream in the safety of a parked car.

■ Discuss your feelings with other people. Spend time with supportive people, not only because it helps to reduce loneliness but also because those people can help put your feelings in perspective.

■ Set goals for yourself, but make them small ones like getting out of the house each day, talking with someone, treating yourself with kindness.

■ Keep a journal. Writing your feelings down can help to get locked-up emotions out. Forget about literary aspirations; just write as fast and as furiously as you can.

The sides of grief no one mentions

■ Be open to the paranormal. Seeing or hearing the deceased or sensing the presence of that person is remarkably common. In fact, studies have reported that 20 to 50 percent of the people coping with the death of someone whom they are very close to have had some sort of paranormal experience. Most are silent about it. While these events may never be proved scientifically, one thing is certain: The vast majority of people who have had such experiences feel consoled, with a sense that their loved one is doing fine.

■ Expect changes in your sexuality. This is another aspect of grieving that is hardly ever mentioned. Some people become totally uninterested in sex. "I felt numb, I didn't want to be touched," said one woman. But many other people have the opposite reaction. The night Cari died, something happened that mystified me. I suddenly felt this incredible wave of sexual desire. I was embarrassed and confused. The incident weighed on my mind, and I later asked my psychiatrist about it. He told me that my reaction was a normal, life-affirming reflection of the human need for comfort. It's not a sign of disrespect or lack of love, but a positive impulse, a proclamation of the urge to live.

Your physical health

■ Take care of your body. This is vital, especially if you're suffering some of the physiological effects of grief such as weight loss. Maintain a healthy diet and get regular checkups.

■ Insomnia is a common problem among the grieving. Lying in bed with your eyes closed, even if you're awake, increases the possibility of sleep. On the other hand, impressive feats of housekeeping have been achieved by mourners who finally gave up on sleep at three-thirty in the morning. If sleep is really not in the cards, you might as well use those hours productively.

■ Exercise is crucial. Many mourners whom I interviewed said that exercise was the *most* helpful thing they did for themselves. At least do some light exercise, such as taking short walks. Exercise can also improve your mood.

■ If you can possibly function without drugs, do so. Drugs either prolong, postpone or suppress what is naturally a very hard time in your life. In addition, it is easy to become dependent on medications the longer you take them. On the other hand, if they're used occasionally and are prescribed by a doctor, they have their place.

■ Give yourself simple pleasures. It may sound ridiculous to recommend taking a bubble bath, getting a massage, or renting a funny movie, yet these simple things do provide relief.

Soothing memories

■ Continue to act upon your relationship with the deceased, for it does not end—ever. Visit the cemetery to "talk." Or frame a snapshot, plant a tree, send money to an organization in your loved one's name.

■ Create a private ritual to mark the anniversary of the death, which is often the hardest time of the year. "I lit a candle at a local shrine," one man said. "I'm not Catholic, but it helps."

■ During the holidays, doing things that you did with your loved one may be tremendously painful, so you may want to create new traditions. Instead of having everyone over for Christmas dinner, consider making them brunch instead, or inviting some new people. And keep in mind that the holidays can be hard for everyone. People whose loved ones died many years ago still feel sadness on holidays. ■

ELIZABETH TAYLOR

continued from page 157

Now recuperating, Taylor admits that her psyche still bears some scars. "This has been a frightening time for me, to say the least," she says. "My sole concern at this point is getting well and carrying on with my life."

Carrying on again is nothing new for Elizabeth Taylor. Her recent brush with death was just the latest chapter in a life already full of both tragedy and glory. In the nearly thirty years since she earned her first Oscar for *Butterfield 8*, she has struggled with back problems, prescription-drug addiction and weight gain. She has coped with career ups and downs, six divorces, the deaths of husband Mike Todd and her ex, Richard Burton, and recently the deaths of two friends, publisher Malcolm Forbes and fashion designer Halston. "She has a remarkable capacity for survival," says her childhood friend Roddy McDowall.

Always frail, Taylor has been hospitalized as many as thirty times in her life, and has undergone twenty operations. The late actor Michael Wilding, Taylor's second husband, was one of the first to comment on Taylor's susceptibility to dire illness. "If she gets a cold," he once said, "she reacts so violently she's almost dead from pneumonia. During the first year of our marriage [1952], I had been lolling by our pool and a bee stung me. I pulled the stinger out, and that was the end of it. Liz was stung, too, and though I pulled that stinger out, the swelling lasted for a week and a half."

Stress, too, has played a role in Taylor's many illnesses. After her first divorce (from Nicky Hilton), a rare argument with her mother left Taylor so upset that she became ill and had to be hospitalized. A few years later, as her marriage to Michael Wilding began to unravel and the pressures of filming *Giant* took a toll, Taylor was beset by a series of ailments. In 1983, after years of taking prescription painkillers for the compression fracture of a vertebra and other complications, Taylor entered the Betty Ford Center, seeking relief from that addiction, as well as for alcohol abuse. She returned for a second visit in late 1988, to try to kick prescription painkillers for good.

Taylor has never built up the kind of support systems most ordinary people possess. The only daughter of an art-gallery manager and a former actress, she made her screen debut at age eight, and became a star at twelve with *National Velvet*. Says Robert Wagner, who has known her for forty years: "From the first time she stepped in front of a camera, everyone dropped back from her and said, 'Oh, God! You're so beautiful, you're so wonderful.' She never really had childhood relationships. It was all different for her. And I believe you need those relationships, those commitments at an early age to give you the strength to draw on when times are bad."

That lack is what makes her resiliency all the more remarkable. In recent years, despite the flare-up of severe recurrent back pain, she has continued to act, appearing in a television version of *Sweet Bird of Youth* that also featured son Michael Wilding, Jr. She has traveled extensively to promote her perfume, Passion, now among the top five sellers.

Most of all, she has worked tirelessly to raise money to fight AIDS, the disease that killed her friends Rock Hudson and Halston. The founding national chairperson of the American Foundation for AIDS Research (AmFAR), she's helped the organization raise more than $27 million. Days after her release from the hospital, in fact, she even traveled to San Francisco—against doctors' wishes—to speak at an AmFAR reception. "Elizabeth is very knowledgeable about AIDS, and is an extremely caring person," says Joel D. Weisman, doctor of osteopathic medicine and chairman of the board. "That combination makes her a valuable member of our board, contributing more than just celebrity status."

Whether she's sick or well, slim or heavy, working or relaxing, Taylor's celebrity status remains Olympian. "The whole world follows every breath she takes," says June Allyson, who in 1949 played plain Jo to Taylor's pretty Amy in *Little Women*, "and the whole world loves her. She has given them everything."

Somehow, Taylor always manages to pull through. She herself once described this invincibility, saying, "Usually I have the ability to throw myself out of the way of an oncoming train at the very last minute."

How *does* she do it? Robert Wagner speculates that "deep-down Elizabeth possesses a tremendous optimism," he says. "She has a childlike faith that all will come out all right in the end."

Adds her friend, celebrity hairstylist José Eber, "Her desire to live makes her pull out of these things. There is something positive about her, or wouldn't fight as much as she does.

Longtime pal Shirley MacLa jokes that Taylor "has a built-in se of drama—and she knows that third act is not ready to be played yet. But she sure has a hell of a sec act going, doesn't she?" When M Laine visited Taylor in the hospita gossip columnist alleged that she brought in X-rated videos. MacLa denies that, but does confess to br ing a "great cake that had a la phallic symbol on it. She has this al lutely raunchy sense of humor."

Indeed, despite her many illnes Taylor has never lost her joyousn "I'm going to be the sexiest little lady, screaming along in my wh chair," she once said. "I've gotten I've gotten thin. I've retired and back to work. I take things as t come, usually with great relish. I w my tombstone to say 'she lived.' "

And today is no different. "Throu out this experience, my one resound thought has been how precious lif how much I love it and yearn to more of it," she tells *LHJ*. "To each day fully is a gift. I consider self very lucky to be able to do tha

Eventually, Taylor plans to g the road again to raise money AIDS. When she appeared in Francisco, she announced the foun of an international education and vention fund that will focus on de oping countries. "I am very prou this program," said Taylor. "I am lighted to be here to unveil it."

Having lost thirty pounds du her illness, Taylor still looked s what shaky and had to be helped the stage to make her statement.

Doctors say it will take month her to regain her strength. While back problems have been aggrav by so much bed rest, the star says s managing the pain by using phy therapy, not drugs or alcohol. E tionally, things are under control, According to Chen Sam, things fine with boyfriend Fortensky, works for a construction company couple have been together since m ing at the Betty Ford Center in 19

Once again, Elizabeth Taylor se to have triumphed over crises would cripple many people—and again, her life is playing out as a s more compelling than any she has acted on film.

David Wallace lives in Los Angeles writes frequently about celebrities.

"Throughout this experience, my one resounding thought has been how precious life is, how much I love it and yearn to live more of it," Taylor s



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—Linda Holt

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"My husband said he needed more space, so I locked him outside."

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From THE FOURTH AND BY FAR THE MOST RECENT 637 BEST THINGS ANYBODY EVER SAID. Chosen and arranged by Robert Byrne. Copyright © 1990 by Robert Byrne.

"NEVER UNDERESTIMATE THE POWER OF A WOMAN"



FRANCIE® by Sherrie Shepherd

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OUT OF THE MOUTHS OF BABES

While my seven-year-old niece was playing with the little dog next door, our neighbor asked her if she'd like to have a toy poodle. "No thanks," Melissa said. "I'd like to have the real thing."

—Cathy Warren, Wildwood, NJ

As we were driving home—aching and tired—from a boisterous family reunion late one Sunday night, my seven-year-old suddenly remembered he had a math test the next day. Of course, he hadn't studied, so I asked him what he needed to know for the test. "The answers!" he replied.

—Frances Naff, Henry, VA

While basking in the sun at the public pool, I glanced over at the wading section to check on my two-year-old daughter—only to see her splashing naked in the water. When I asked her why she took off her swimsuit, she said, "It got wet."

—Beverly K. Skeens, Rushville, OH

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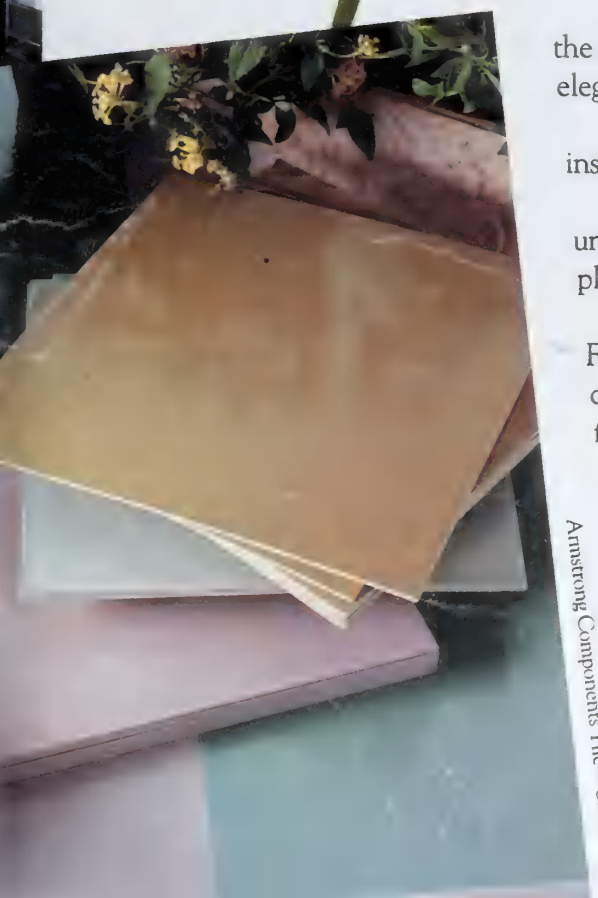
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LADIES' HOME Journal® VOL. CVII NO. 10 OCTOBER 1990



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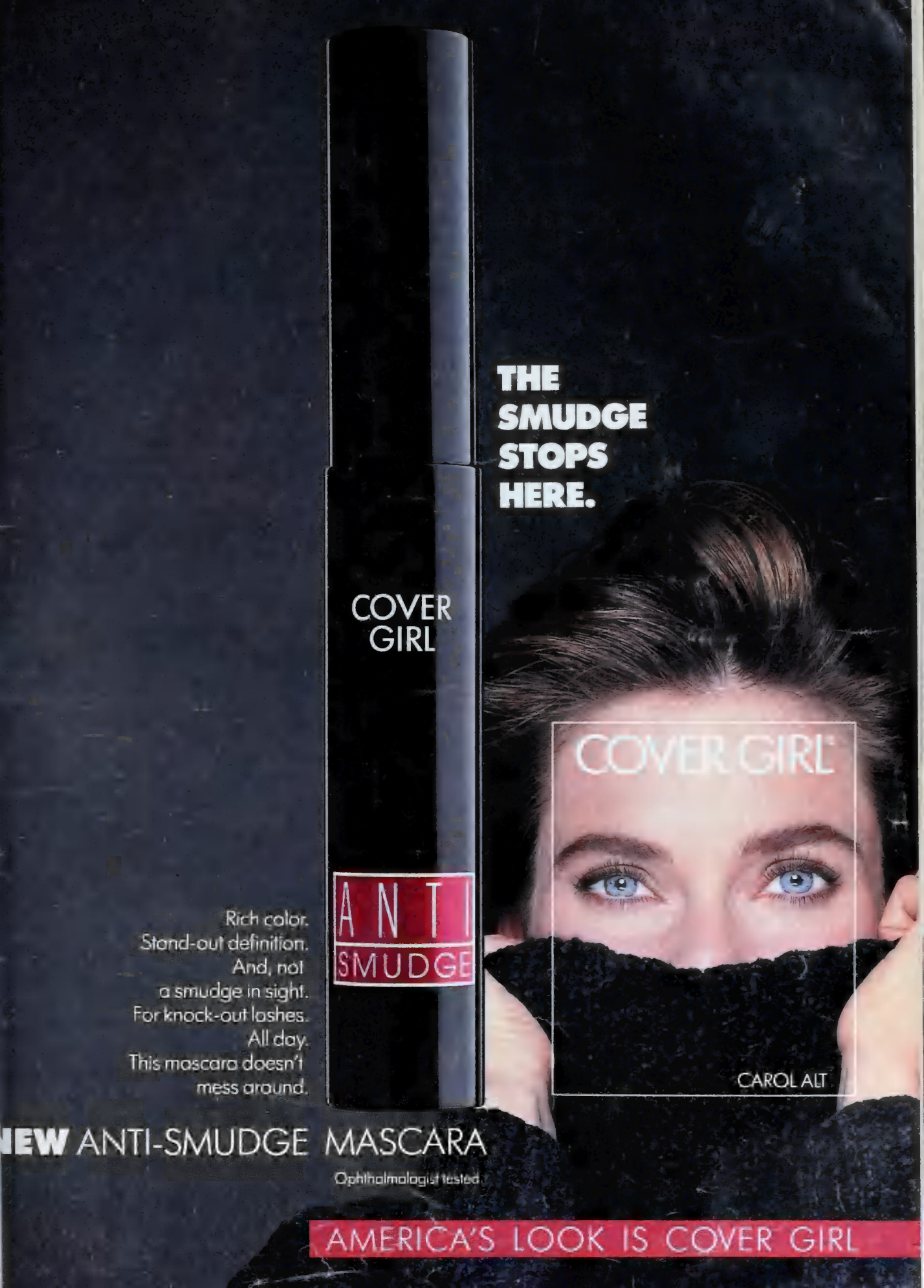
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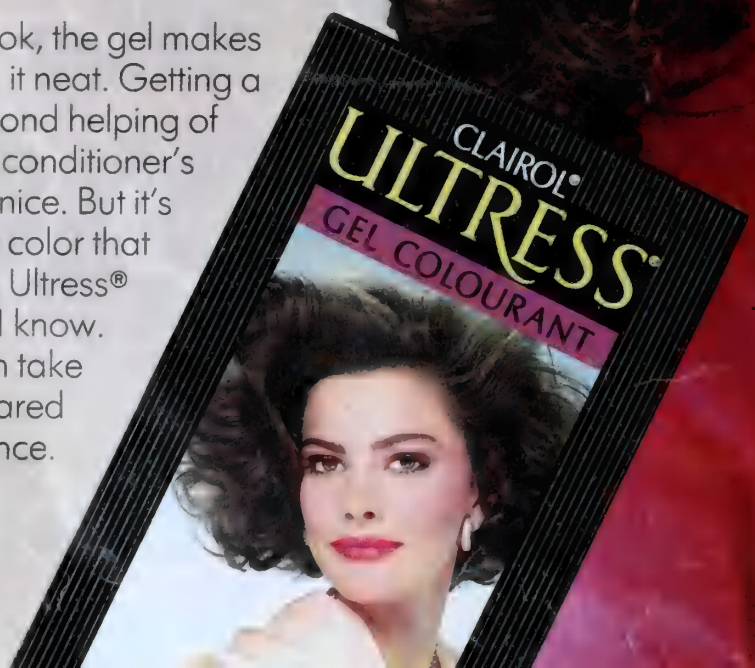
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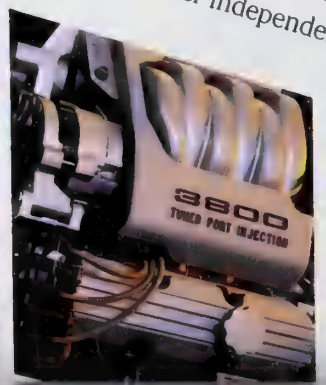
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EDITOR'S JOURNAL



MY SON, THE MAN

By Myrna Blyth

This is a column only a mother could write. It's about one of those rites of passage you go through raising a child, perhaps the most bittersweet passage of all. My older son, Jonathan, is twenty-three. When I called to wish him well on his birthday, he said: "I don't know, Mom, are you ready to be the mother of someone approaching his mid-twenties?" "Sure I am," I said, a lot less sure now that he had mentioned it.

A couple of weeks later my husband and I went to visit our son. Jonathan lives in Washington, D.C. He graduated from college a year and a half ago. He majored in government and got a job in Washington, but it was a job he didn't like at all. For the first six months after college, Jonathan was sure that his years of schooling had been utterly wasted and that nothing interesting would ever happen to him. I found it upsetting to deal with his mournful phone calls. When he was two or ten or even sixteen, I always felt, as his mother, that I could help him cope with difficulties. But I knew Jonathan had to solve his own problems now. It wasn't easy for him to look for another job, and it wasn't easy for me to be, for the first time, supportive but uninvolved. Soon Jonathan found a job he absolutely adores, working on Capitol Hill for Congressman Robert S. Walker (R-Pa.). Now, on the phone, he bubbles with enthusiasm: "Mom, this is great." "Mom, I love working here." "Mom, it's so terrific watching history being made." And when we went to Washington, he enjoyed showing us "his city"—from the Smithsonian to the Washington Monument, from the refurbished Union Station to the bistros of Georgetown. I must admit feeling patriotism mixed with motherly pride, especially when Jonathan gave us his deluxe tour of the Capitol.



But the most telling moment of all, oddly enough, happened on the subway. "It's not like New York," Jonathan explained. "You use these machines to get tickets. It's kind of complicated. Let me do it," he said. My husband and I obeyed. "And after you use your tickets going in, you have to use them again when you come out. So just give them to me to hold," he instructed. My husband and I exchanged a look. Suddenly, Jonathan was grown-up, confident, competent, and what's more, absolutely determined to take care of us. I felt happy, and I felt like crying. Without a word, I handed over our tickets—and we headed off to see the Impressionists at the National Gallery.



Proud Mom, Congressman Walker, Jonathan Blyth; right, Jon at work, with administrative assistant Connie Thumma

READER CALL-IN DAY This month it's Wednesday, October 3, from one to four P.M. Eastern time. Remember, the call's on you. At the phones: Health Editor Nelly Edmondson Gupta and a specialist on the effect of the mind on illness and health, 212-351-3680; Articles Editor Jane Farrell and an expert on spotting child abuse, 212-351-3681; Psychology Editor Pam Guthrie O'Brien and a marriage counselor to talk about infidelity, 212-351-3682; Associate Beauty and Fashion Editor Susan Parkes, 212-351-3683. Call and tell us what you're thinking.

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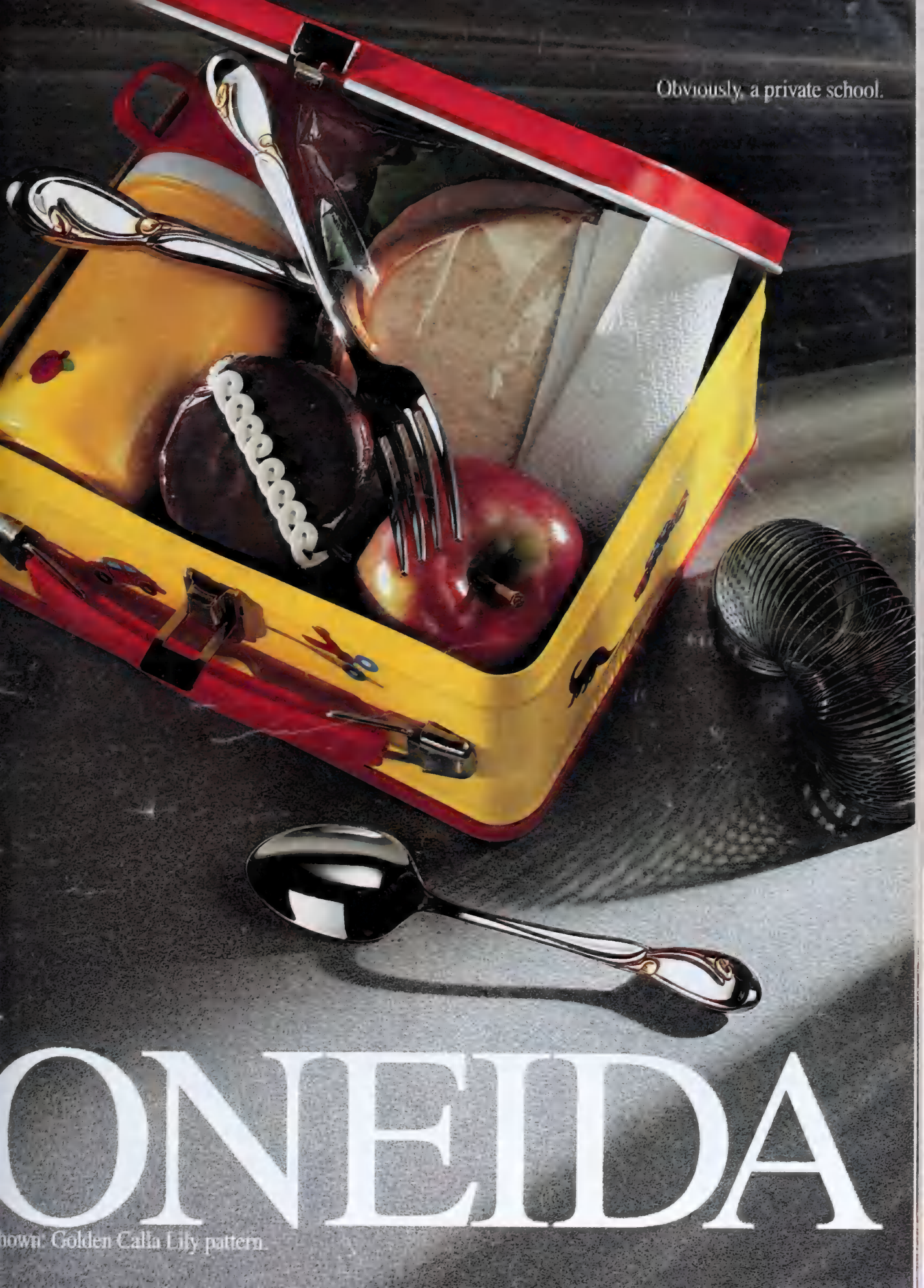
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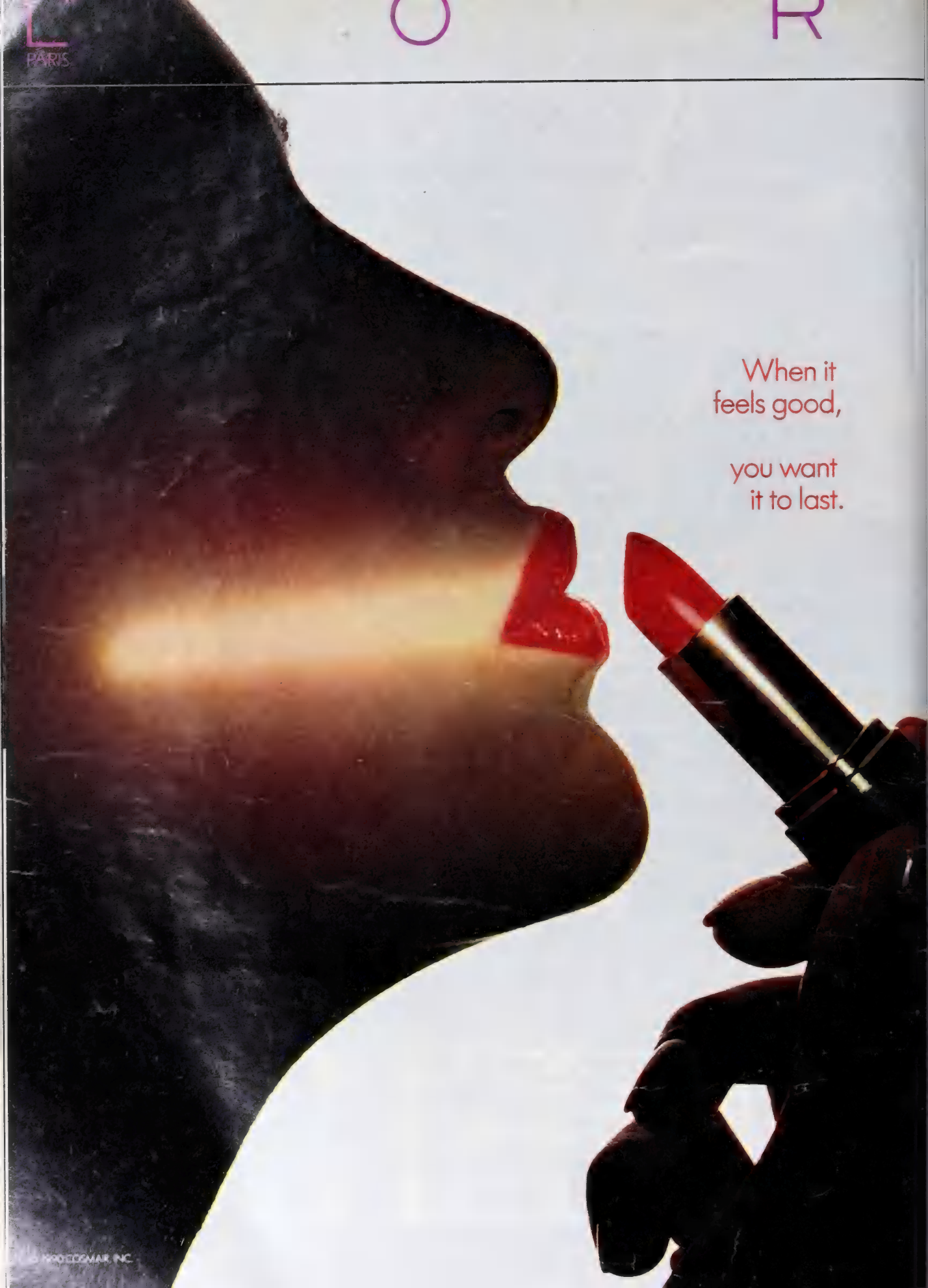
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CAN THIS MARRIAGE BE SAVED?

"I JUST DON'T RESPECT HIM ANYMORE"

Though they both tried hard to please each other, Emily and Eric only managed to make themselves miserable. Can two people who always felt rejected—and had hidden for years behind a variety of masks—learn to reach out?

By Ellen Switzer



EMILY'S TURN "One of my earliest memories is of lying in bed with both hands firmly clasped over my ears to shut out Dad's yelling and Mom's sobbing," said Emily, thirty-two, a slender woman with black hair pulled back into a severe bun. "That's when I promised myself that when I grew up, I'd have the perfect marriage. But life didn't work out that way. I already have one divorce behind me, and it looks as if, after only three years, my second marriage is headed for the rocks, too.

"My father was an impossible bully. He rarely spoke in a normal tone of voice. When I was very young, the object of his constant anger was my mother. Some of her relatives have told me that as a young woman she had a lot of spunk. But I remember her only as an intimidated, frightened person who hardly said a word and cried a lot.

"I know now that she was suffering from a deep depression, but back then I resented the fact that she failed to protect me from my father. With her unavailable, he turned on me. As soon as I was old enough to have an idea or a plan of my own, Dad would oppose anything I wanted to do.

"As an only child, I was also in charge of taking care of all the chores Mom no longer did. But nothing was good enough for Dad, who complained about my cleaning and cooking and the amount of time I spent on extracurricular activities. One of them, the debating club, won me a valuable scholarship: I was chosen by an international student-exchange program to spend my junior year in New Zealand. Dad did his usual screaming and fussing, but our local newspaper had already announced the award, and in the end, he couldn't find an acceptable excuse for refusing to let me go.

"That year away was the happiest of my life. My host family was genuinely interested in my ideas and feelings. They didn't seem to have any special expectations of me, either, so I could be myself and still be sure that I was liked.

"All that changed, of course, when I got back home. My senior year in high school was a nightmare. Mom was, by then, incapable of taking care of herself and was eventually hospitalized. Dad insisted I devote my spare time to keeping our home shining and getting meals on the table. He ruled out all extra activities, including my beloved debate club. I still got good grades and wanted to go to college, but Dad

(continued on page 18)

Introduced thirty-seven years ago, CAN THIS MARRIAGE BE SAVED? is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews and information from the files of William F. Mecca, M.S.W., executive director of Family Counseling of Greater New Haven, in Connecticut. The story told here is true, though names and other details have been changed to conceal identities. CAN THIS MARRIAGE BE SAVED? is a trademark of Meredith Corporation.

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(continued from page 14) nixed that. So I got a job at the local hardware store, ran home to do all the chores and enrolled in night courses at our local junior college. Most of the time I was exhausted.

"It's no wonder I married the first man who asked me. John was eleven years older than I. He seemed kind and protective, though somewhat opinionated. Also, he promised to pay my tuition so I could quit my job. It was a way out of my dad's house and into a new life.

"But after only a few weeks, I knew I'd made a mistake. Life with John was worse than life with Dad. Incidentally, the two men hit it off immediately. John turned out to be the kind of combative person who was always getting into trouble at work and who couldn't keep a job.

"Once, during a period of unemployment, Dad offered us a trailer on his land if I'd take care of his house, too. John said great, but that meant I had two houses to clean and two men's whims to cater to. I had to drop out of my college courses. But I was still hanging on to the idea that if I did everything I could to please my husband, the marriage might work. So I became the submissive, obedient wife.

"Then, just before our first anniversary, John told me I had about as much personality as limp spaghetti—and he left me for a rather cantankerous woman who had a good income.

"I suppose I should have been glad to be out of that relationship, but I felt like a total failure. After a few months, though, I pulled myself together and decided that from then on I'd be my own boss. I got a job and went back to college at night. After two years, I had an associate degree in medical technology and had moved to another part of the country, established myself in a good position in a hospital laboratory and rented a nice apartment.

"I met Eric through a friend who asked me to go on a double date. Eric was a salesman for a medical-supply company, so we had a lot in common. He was also exceedingly bright, good-looking and genuinely kind. Most of all, he seemed to respect me. Soon he told me he also loved me. Though I knew I loved him, too, I had been burned before, so I waited more than two years before marrying him.

"Eric encouraged me to go back to school so that I could get an advanced degree. He made enough money to pay for my tuition, but I needed to be independent, so I took a part-time job and paid my own way.

"At first I felt like I had found my prince. But soon I realized that though Eric continued to be sweet and kind in a rather absentminded way, he was definitely a follower, not a leader. You'd think that after my life with two bullies, I'd appreciate the fact that he left it to me to make all the important decisions—but I didn't. It got on my nerves.

"My biological clock was ticking, and I decided that if I ever wanted children, I'd better get started. I tried to discuss my plan with Eric, but he just said, 'Fine, whatever you want.'

"When our daughter, Jennie, was born, he was helpful, and I appreciated that. I quit my job, but I didn't want to give up college. Eric agreed to baby-sit when I went to night school.

"Now he changes diapers, cooks meals and does housework. My friends tell me he's the ideal husband, but we never have fun anymore. In the bedroom, it's the same way. I always initiate sex with Eric. He cooperates in that department the way he does in everything else—with a noticeable lack of enthusiasm or imagination.

"I can't help thinking that Eric is a wimp. What's wrong with me? Am I only attracted to bullies? Take my biology professor—he's never satisfied with my papers, no matter how hard I work on them, yet I find myself attracted to him.

"So there you have it. All I wanted was one ideal marriage—but I've made a mess of two. I don't want a divorce, and I couldn't stand another bully in my life, but I want someone who acts like a *man*. I know I still love Eric, but I also need to respect my husband. Right now, I just can't."

"What's wrong with me?" asked Emily. "Am I only attracted to bullies?"

ERIC'S TURN "I'm not making Emily happy, and I'm perfectly miserable myself," said Eric, thirty-five, a tall, athletically built man with jet-black hair and blue eyes. "I love Emily, but these days I can tell she feels more contempt for me than love.

"I do everything I can to make life easier for her. She's ambitious and wants to get that bachelor's degree. So I've taken on much of the housework and Jennie's care, and usually I spend evenings home alone while Emily is in class or at the college library. But instead of being grateful and showing me a little tenderness or understanding, she's more bossy with every passing week. It never occurs to her that maybe I'd like to do something myself one night, like go to a ball game with a friend. She just assumes I'll be there to do her bidding.

"Emily has told me all about her miserable childhood and the disappointments in her first marriage. Actually, my own early history is remarkably similar. I'm not an only child—I have three brothers and a sister—but my parents also spent most of their time battling each other, and they expected me to take care of the younger kids. Both of them tended to shout orders at me, and I got blamed for whatever went wrong.

"Since, like Emily, I was an excellent student, I would have loved to go on to college right after high school, but there just wasn't enough money, and I wanted to get away from home as soon as possible. That meant getting a good job right away. I was lucky. My best subjects had always been math and science, so I managed to land a position in a medical-supply house, a job usually reserved for college grads. I've done well there, and I now head the sales department. It means good money but also a lot of responsibility.

"Shortly after I was promoted the first time, I fell deeply in love with one of the women who worked for me. Annie was fun to be with—warm and sympathetic, too. She was also smart and ambitious. What I hadn't counted on was her need for independence.

"I was Annie's boss, and unfortunately, I allowed that situation to spill over into our private life. I can see now that I ordered her around too much, that I dismissed her ideas too quickly. In any case, Annie got the offer of a management job in another state and ended our relationship.

"When I met Emily, who in many ways was similar to Annie, I swore I wouldn't make the same mistakes. I let her make all the decisions, large and small. That meant we had a baby when she felt ready, that she continued her education, even if that meant I had to spend a lot of time with housework and child care, that the house was decorated the way she wanted.

"Of course, I sometimes felt resentful, but I tried not to show it. I began to feel less and less secure at home. You can tell when someone doesn't think very highly of (continued)

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(continued) you, even though they don't come right out and say it—and this has, I'm afraid, begun to affect my work at the office. When I was passed over for a promotion two months ago, I didn't even try to discuss my disappointment with Emily. She probably would have told me it was my fault anyway, or taken it as a complaint about all the chores.

"I feel angry a lot of the time . . . but I don't know what to do about that. If I confront Emily, she might tell me to leave. She has a degree in medical technology now, and she can get a good job any time she wants to. At the moment, she's planning to go for a master's degree next fall.

"The idea of the marriage breaking up terrifies me. I just don't seem to be able to handle a good, equal relationship with a woman. Maybe Emily thinks I'm not involved enough in the family and that I'm indifferent to her and Jennie. I just don't know how to prove to her how much I love her.

"Of course, all these problems have affected our sex life. I have always been careful not to impose myself on Emily. Annie used to tell me I was too aggressive sexually. Now Emily and I sometimes go for weeks without making love, and then only when she gives me a signal.

"I will do whatever is necessary to save this marriage. I hope you can convey that message to my wife."

THE COUNSELOR'S TURN "Emily and Eric had very similar personalities, which were easy to spot and very difficult to change," said the counselor. "Both had spent most of their lives hiding behind a variety of masks to garner approval and avoid trouble or rejection. Still, they had both experienced rejection from important people in their lives—their parents, their first loves—and this destroyed their self-confidence.

"Actually, Emily gave me an important clue when she said that the happiest time of her life had been her junior year abroad, when she had felt free to be herself. Eric, however, had never experienced such freedom. It was evident that these two intelligent, basically loving people each had such a poor self-image that they were terrified of intimacy, because this meant opening themselves up to possible rejection. In fact, they had both played roles for so long that they had forgotten what their own needs and expectations were. Emily and Eric would have to learn to like themselves again before they could understand each other. I also told them they would have to start relating to each other in an open, honest manner.

"I pointed out that, considering the stress they had each been under, they had both achieved some remarkable successes and should be proud of that. Neither had succumbed to the depression that was so prevalent in their childhoods. What's more, they loved each other and wanted to make their marriage work, and I reminded them of that when their confidence flagged.

"I also reassured Emily that she did not have a strong attraction to bullies and that in general she simply liked people who were assertive. The professor she mentioned was not a bully, but rather a very good teacher who challenged her thinking.

"In the counseling process, I departed from my usual technique. Most couples have to learn how to avoid constant fights; this couple had to learn to disagree with each other without feeling personally threatened and unloved. Teaching them how to argue constructively, in the nonjudgmental atmosphere of my office, was my first step.

"We began with small issues. I asked Emily and Eric what single mannerism or activity of the other bothered them most. Emily said immediately: 'I can't stand it when I ask Eric what he wants me to do about something and he just tells me to do whatever I want. He won't tell me whether he'd like chicken or hamburger for dinner any more than he'll let me know if it's okay for me to start my master's degree next fall.'

"Eric was most irritated by his wife's habit of never saying please when she asked him to do something. 'She tells me to fix the screen door or to stay home with Jennie because she has to go to the library. She never asks. And she never says thank you.'

"Emily and Eric were surprised and embarrassed at the descriptions of themselves. They didn't want to be that way, but they hadn't realized how much they had forced themselves to change. Emily, for instance, had promised that she would never allow herself to be imposed upon again. So she had turned her basically warm, polite self into an aggressive, unpleasant shrew. Eric had sworn that he would never dominate the woman he loved, so instead of being healthily assertive, he was weak and compliant.

"Once they learned to open up to each other in counseling, I urged them to continue the process at home and to take note of their disagreements so we could discuss them the following week. For example, one night Eric finally told Emily that the reason he showed no preference at dinner was that he was actually tired of chicken and hamburger and he wished she would occasionally change the menu. However, in some cases, he said, he truly had no preference: Whether she reupholstered the living-room sofa was simply not high on his priority list. It didn't mean he didn't care about her or their life together.

"Once they were comfortable discussing small points, Eric and Emily moved on to larger issues. By now Eric felt strong enough to object when his wife brought up her plans to continue her schooling and leave him at home in charge of Jennie. 'Why couldn't Emily get a part-time job to pay for a baby-sitter and part of her tuition instead of expecting me to pick up the slack?' he wanted to know. Though Emily's instinct was to protest, she learned to listen to her husband's ideas and respect his opinions. He did have a point, and she was being unfair, she admitted. She agreed to take a part-time job at the university to help offset tuition and arranged for a fellow student to watch Jennie while she went to class. She also tried hard to be pleasant and thoughtful, to remember the little courtesies married people tend to forget and to ask him if he has any plans for the evening rather than assume he doesn't. This has made a big difference to Eric.

"While both Eric and Emily had thought their sexual problem would be the toughest to solve, it was the simplest. Eric had avoided sex because he was afraid of overwhelming his wife. She interpreted this as lack of interest on his part. Once they were honest about their feelings, their sex life blossomed.

"I saw this couple for six months. Emily still plans to get her advanced degree, but she will do it on a part-time schedule so she can spend more time at home. Happier at home, Eric has put renewed energy into his work and has been offered a long-overdue promotion. This couple ended counseling confident in themselves and their marriage." ■

"I do everything to make life easier for her, but she's so bossy," said Eric.


PRÉSENCE
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A WOMAN TODAY

FIGHTING FOR THREE LIVES

At first, my husband and I were ecstatic to learn that I was expecting twins. But I never dreamed that complications from a minor heart condition would soon threaten my life—and the lives of my unborn babies as well.

By Julianne Procich



Julianne, more than a year after her heart surgery, with Greer and Alexander, her healthy, active two-year-old twins

When my husband, Tom, and I found out in November 1987 that we were expecting twins, we were thrilled. Of course, like all new mothers-to-be, I did my share of worrying—about what I ate, how much exercise I got, even whether the computers I used at work would harm the developing babies. Ironically, the one thing that didn't worry me was the minor heart problem I'd known about since I was three years old.

Six percent of all women have this condition, known as mitral valve prolapse (MVP); it's less common in men. The heart's mitral valve is located at the entrance to the left ventricle, the chamber that pumps blood throughout the body. A prolapsed valve doesn't work properly, and in some cases allows a small amount of blood to leak back into the heart. MVP is almost always controllable, and patients usually lead perfectly normal lives.

My cardiologist, Dr. Robert Finley, said that it would be unlikely that my heart condition would affect the pregnancy or delivery. I didn't have any other risk factors; I wasn't overweight, and I didn't smoke or drink.

Even so, my pregnancy *was* a tough one. At three and a half months, I came down with a severe case of stomach flu. At four months, I was so bloated and exhausted, both from fluid retention and the increased blood volume caused by my pregnancy, that I went on leave from my job as an executive secretary. Still, my doctors didn't seem too concerned, so I didn't worry.

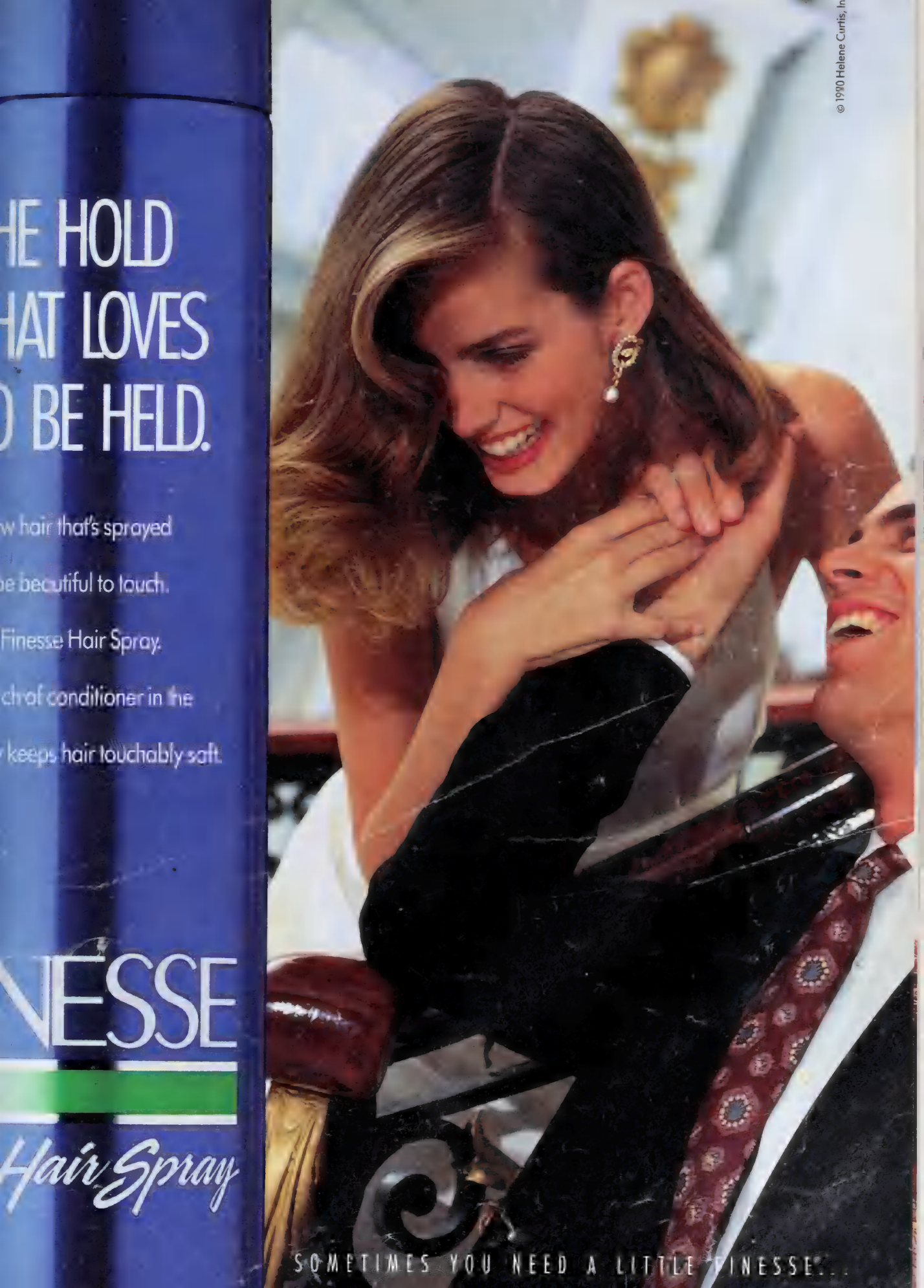
Then, on the morning of February 2, 1988, I was in the kitchen chatting with Tom, when I started to feel peculiar. A tight ache was moving from the roof of my mouth to my neck and arms, as if someone were squeezing me, and my arm joints hurt. However, I didn't think it was serious, so I didn't tell Tom before he left for work.

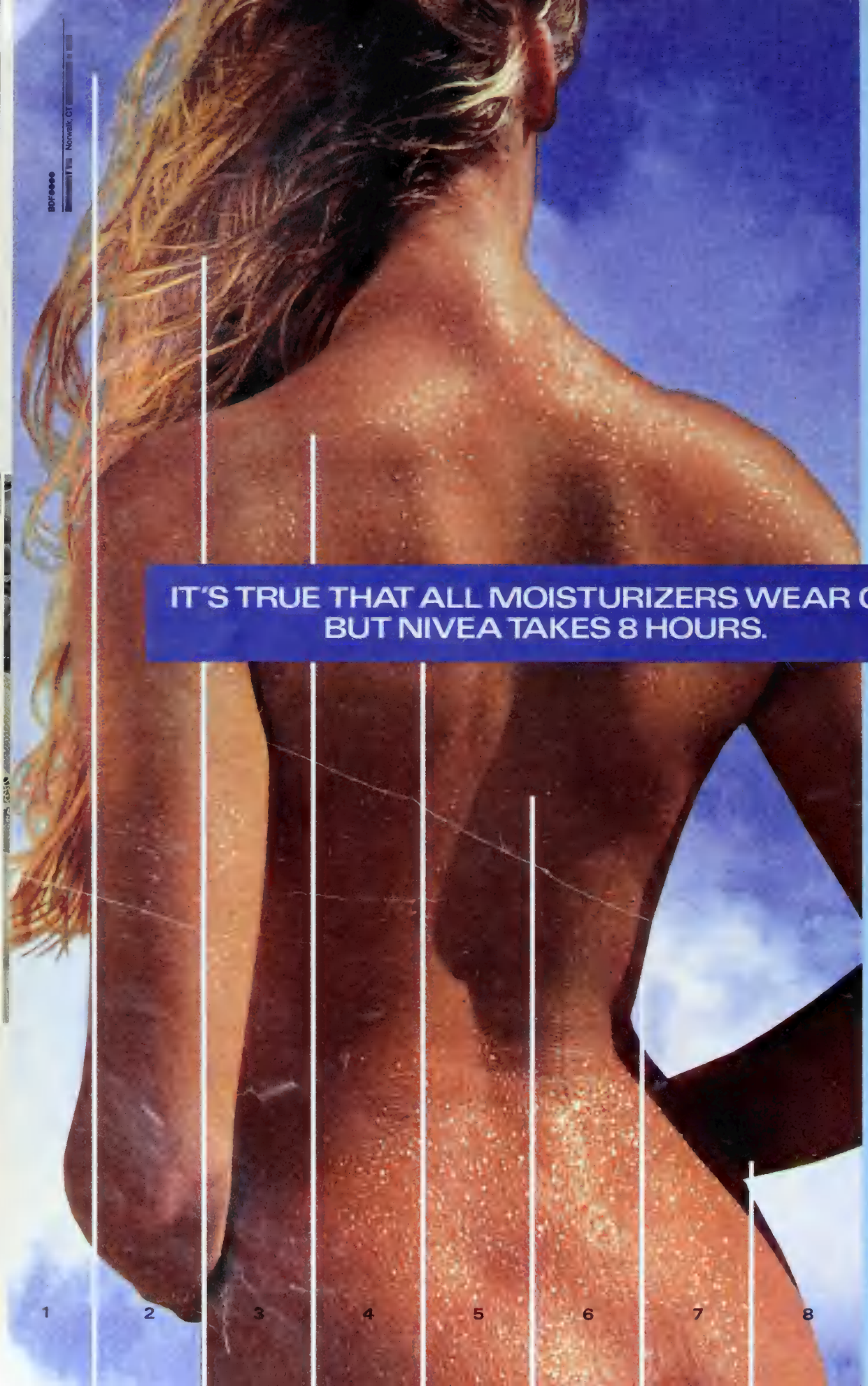
The sensation wasn't going away. I tried to lie down, but I had trouble breathing and got up again.

My mother arrived at the house a half hour later; we'd planned to run an errand together. When I told her about the discomfort, she said, "You'd better call your gynecologist." But something told me to call Dr. Finley's office instead. I was told to meet him at Hinsdale Hospital, near our Westchester, Illinois, home.

I was admitted into the cardiac-care unit, where Dr. Finley ran blood tests on me and kept me overnight for observation.

The next day, *(continued)*


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A WOMAN TODAY

continued from page 22

e doctor told me I had suffered a art attack—at age twenty-nine. The mach flu had caused bacteria to vel through my bloodstream to my tral valve, damaging it and causing h a heart infection (endocarditis) d a blood clot, which eventually veled to an artery and blocked it, mpting the heart attack.

My first concern was for my babies, t Dr. Wilson, my obstetrician, as- ed me that they weren't harmed; ring a mild heart attack, the placen- provides an adequate blood supply. m and I were relieved about that, t I was still devastated. How could s have happened to me?

After my release from the hospital, een days later, I moved into my par- ts' house for six weeks so that I'd ways have someone there to take e of me and give me intravenous dication until the endocarditis was ed. Tom couldn't take time off from rk; he stayed at home but visited every day. In some ways, Tom had harder time of it than I did. He was worried about me that it was impos- le for him to concentrate on his job a sales manager, but he had to keep rking to pay our bills.

n my seventh month, I suffered art failure. It happened gradually: heart wasn't pumping well, and I rted retaining fluid again. Dr. Fin- put me back on medication and t me back to my parents' house h orders to limit my activity.

After so many complications, we ren't surprised when my doctors de- ed to perform a caesarean section on y 26—a little less than a month mature—to reduce any further ks for me and the twins. Tom was my side when Alexander and his ter, Greer, were born—beautiful and althy. It was the happiest moment of entire life!

My ordeal didn't end in the delivery m, however. A few months after the ins and I had come home, I was nding over to wipe Greer's chin, en I suddenly started seeing double. m drove me to the hospital while my ther watched the babies. My dam- ed valve and irregular heartbeats d caused another blood clot to form my heart, but this time it had trav- d to my brain, causing a temporary oke. I was lucky, though—no per- nent damage was done.

Things seemed fine for the rest of year, so it came as a surprise to me en, in April 1989, Dr. Finley recom- nded that I go to the Mayo Clinic to ve my mitral valve repaired. The ought of having open-heart surgery terrified me, but I knew this was my best chance for a normal life.

Everyone pulled together to help us. My grandmother flew up from Florida to look after the twins, and Tom's mother gave us money to cover our travel costs. The night before my operation, half of our church's congregation gathered to pray for me.

The support helped, but I was still afraid. I dealt with my fear and anger by screaming at Tom or withdrawing from him. He was trying to be strong for my sake, but I mistook his calm for coldness. Our marriage was in trouble at a time when it desperately needed to be at its strongest.

On the morning of June 21, I was so certain I would die that I wrote my will before being wheeled to the operating room. Fortunately, my worries were for nothing: The two-and-a-half-hour procedure went smoothly, and the doctors pronounced it a success. I was back home within ten days, and I slowly started to feel better.

Emotionally, though, I was still shaky. I joined Mended Hearts, a support group for people with heart disease and their families, hoping that sharing my feelings would help. It did, but most of the members were much older than I was, and I felt I had very little in common with them. They'd lived full lives before they became ill; I had most of my life ahead of me.

To make matters worse, my relationship with Tom was still in peril. Finally, I said in despair, "Maybe we should try separating." The prospect was distressing for both of us, but it also prompted us to begin resolving our problems. At last, we talked about our feelings: Tom confessed the terror and guilt he'd been hiding, and I told him how helpless I'd felt. As we opened up to each other over the next few months, we became closer, and our marriage is now better than ever.

It's been more than a year since my surgery, and everyone tells me I look great. My coloring and skin tone have improved, and I have more energy. Dr. Finley says that I shouldn't try to become pregnant again, so we'll look into adoption if we should ever want more children. For the time being, we've got our hands full raising Alexander and Greer. Life is pretty much back to normal. I'm still on disability leave from work, and I can't exercise strenuously yet, but eventually I'll be more active. I see Dr. Finley regularly; he says that when I recover completely, my life expectancy will be normal.

I'm still a member of Mended Hearts, but I also think there's a need for an organization for young heart patients, so I'd like to start a support group. I think *(continued on page 215)*

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On the air, above: Lois Joy Johnson, LHJ's beauty and fashion director (center), with Attitudes' hosts and John Sahag and Linda Mason. Right: The makeover crew at Sahag's salon

BEAUTY & FASHION JOURNAL

October's your month to shine: Try a knockout new look; sample the season's trendiest style

BRAND-NEW BEAUTY ATTITUDES

WHEN THE PRODUCERS OF THE CABLE SHOW *ATTITUDES* (ON THE LIFETIME CHANNEL) ASKED *LHJ* TO MAKE THEM OVER, WE JUMPED AT THE CHANCE. THOUGH ALL SEVEN WOMEN WORK BEHIND THE SCENES, THEY WANTED TO LOOK AS CAMERA-READY AS THE HOSTS OF THE SHOW, LINDA DANO AND DEE KELLY. SO WE ASKED TWO NYC PROS—HAIRSTYLIST JOHN SAHAG AND MAKEUP ACE LINDA MASON—TO GIVE THE CREW REAL ON-SCREEN APPEAL

LORA WILEY, PRODUCTION ASSISTANT

If you have pretty red hair like Lora's, make the most of it with a chic cut and highlights that boost the color even more. A style that works: close-cropped layers with fullness on top. Lora's eyes are enhanced with earthy browns; her fair skin glows with a sweep of coral blush. What a difference! Sweaters, N. Peal; earrings, Fragments.



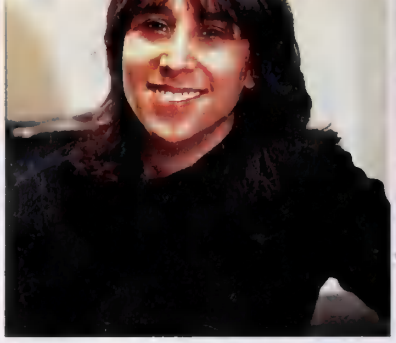




SUE PODBIELSKI, PRODUCER

Who would have guessed Sue has such swingy hair? When we met her it was limp and shapeless. The solution: a face-framing angled cut, dramatized brows and bright red lips to complete the glamorous new Sue. Cardigan, Zadig and Voltaire at Jet Lag; pearl necklace, Kenneth Jay Lane.

BEAUTY & FASHION JOURNAL









RONI SELIG, EXECUTIVE PRODUCER

Roni was growing out a short cut, but we convinced her to go short again. The new style is full on top, softly layered on the sides. To complement her striking look: toned-down neutrals and sexy orange lips! Blouse, Equipment; blazer, Norma Kamali; earrings, Fragments.

MELANIE BAKER, ASSOCIATE PRODUCER

Melanie loved her long blond hair, and we agreed all she needed was a trim for freshness, plus highlights to enrich her natural color. Muted pastel makeup perked up Melanie's pale complexion, and her bright smile completes the transformation. Blazer, Philippe Adec.

MARY K O'BRIEN, PRODUCTION COORDINATOR

We think Mary K's hair is just gorgeous—silky brown and healthy. Our advice: slight layering along the sides to draw attention to her face. A bit of brown shadow smudged near her lashes and nude lip gloss keep the new look natural. Blouse, Equipment.









LEE FRYD, TALENT COORDINATOR

Another great-looking redhead, Lee needed a single-process color to cover a bit of gray and deepen the tone. The result? Attention-getting shine! A bob with soft bangs better suited her features, as did neutral, well-blended makeup. Lee thinks the change is super—we do, too! Jacket, Norma Kamali; shirt, Malisy for Bergdorf Goodman.

ELIZABETH CITRIN POBER, SEGMENT AND FIELD PRODUCER

One look at Elizabeth and we knew a chin-length cut would be a more modern look. Highlights helped to warm up the color. We intensified her eyes with black liner, and red lipstick made the most of her full mouth. Picture-perfect! Jacket, J.H. Collectibles.

Linda Mason's Professional Makeover Tape gives step-by-step makeup instructions. To order, call 212-675-6572.





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B



TESTING A TREND: UNITARDS

IT'S THE FASHION MUST FOR FALL, BUT DO YOU NEED TO BE A TWIG TO WEAR IT? BELOW, THREE REAL WOMEN PROVE THAT A UNITARD CAN LOOK TERRIFIC ON EVERYONE







Left, Susan Parkes, *LHJ*'s associate beauty and fashion editor, in a unitard of merino wool with a notch-collar lapel. Blazer, Donna Karan; shoes, Nicole Farhi; earrings, Lisa Jenks. Center and right: Sharon Disick Zambrelli and Susan Reed Basché, partners in the NYC P.R. firm Zambrelli Basché Associates. Sharon's in a stretch merino-wool unitard with a jewel neck. Jacket, Emmanuelle Khanh; shoes, Donna Karan. Susan's version is a crossover V neck in wool crepe jersey. Shawl, N. Peal; shoes, Adrienne Vittadini. All unitards, Donna Karan.

When you think unitard, don't think second skin. You want a street-wear fabric with a bit of heft, such as merino wool or wool crepe, and a little Lycra to control curves.

No doubt about it, the unitard is best in black. Our "models" chose black for its pound-paring advantage and nonstop versatility.

Most women (our trio included) like topping the unitard with a long jacket to help conceal extra pounds. A tailored, thigh-grazing, single-breasted blazer is best.

All our models preferred long-sleeve styles that don't require a shirt or tee underneath. They felt more comfortable and didn't have to worry about excess fabric bunching up at the waist and hips.

There are a variety of unitard necklines to choose from: draped crossover V necks, notch-collar lapels, turtlenecks—try on several to see which is most flattering for you.

The testers rejected a belt on the very sweatery, body-conscious styles because they felt it cut the body in half. But they opted for one on the more tailored versions that had a defined waist.

If you wear a black unitard, wear black hose to give your legs an elegant, tapered line.

The right underwear is essential. For the smoothest look wear high-cut panties that sit at the waist, and an underwire bra for no-sag lift.


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HOW TO SHOP, WHEN TO STOP



How many times have you stood in front of your closet and complained that you had *nothing* to wear? Join the club. Many women we know love to shop and have a closetful of clothes—but nothing goes together. We invited fashion experts to discuss the problem at a fascinating symposium in New York City. They all agreed that the key to fashion success is not more clothes but better planning. Every woman needs a basic, neutral wardrobe foundation (a jacket, trousers, slim skirt) upon which to add seasonal updates and well-chosen personalized accessories. Here, the pros' terrific buying tricks and secrets to dressing with style

A jacket that works with most of the pieces in your wardrobe is your best buy. Units' biggest seller this year is their oversize "boyfriend" jacket—it's great with leggings, unitards, just about everything

THE RIGHT WAY TO SHOP

Believe us, there *is* a science to shopping. Below, a slew of our no-fail tips

Know where to go

Spend a day shopping for *stores* instead of clothing. You'll be surprised how much time and aggravation you'll save if you know the stores in your area inside and out. Find the ones that provide:

- a wide range of the type of clothing you like
- clothing displayed so that you can find what you want and put outfits together easily
- a pleasant shopping atmosphere and dressing rooms you like. You may want to avoid a shop that doesn't have private, well-lighted dressing rooms with good mirrors. If you must shop in a store with a communal dressing room and you're self-conscious, try wearing a leotard
- visual aids (for example, mannequins in complete outfits and how-to videotapes)

Look for super service

Clothing stores want your business, and many will go to great lengths to make sure you're a happy customer. *(continued)*



The panel, from left: Lynn Roberts, advertising VP at Echo; Sharon King Hoge, consumer reporter; Janet Koehn, women's fashion director for Spiegel; Pam Breeman, director of marketing for Gitano; Lois Joy Johnson, beauty and fashion director of LHJ; Edda Frankel, director of retail marketing for Harmon Cove Outlets; Toni Bifano, marketing and fashion communications VP at Units; Lucille Klein, fashion director for JCPenney; Jaclyn Smith, actress and spokesperson for K mart; Myrna Blyth, editor-in-chief of LHJ; Debra Grafton, VP, general merchandise manager of ladies' and girls' apparel for K mart.


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Same-shade knit separates like this turtle neck and wrap skirt from JCPenney's Dividends Collection make you look sleeker

(continued) ■ Bloomingdale's, Macy's, Saks Fifth Avenue and Nordstrom's, to name a few, offer free personal shopping services. Simply make an appointment for the shopper to accompany you through departments, or ask the shopper to preselect items and have them ready when you arrive at the store. And you don't need to buy an entire wardrobe—you can tell a shopper that you need just one dress in a particular style, color and price range.

■ The salespeople at Saks and Neiman Marcus keep a client book—you can ask them to record your purchases and notify you when clothing that complements what you've already bought arrives at the store. Nordstrom's and Saks will also alter clothing for you for a nominal fee.

■ Did you know that Nordstrom's, Neiman Marcus and K mart won't be undersold? If you see something advertised elsewhere for a lower price, these stores promise to honor the competitor's price.

■ An important part of good service is a store's return policy. Will they take anything back, regardless of the reason? Do you get a cash refund or a store credit? Within how many days must an item be returned?

Learn the scoop about sales

There are different kinds of sales—the preseason sale (when new fashions are marked down for a few weeks as soon as they reach the stores), postseason clearance sale, and special purchase (the latter is not a sale, but a promotional price for an item that the store bought at a lower price). Of course, everybody loves a bargain, but even an expensive item on sale isn't a great deal if it doesn't fit well, you have no use for it or it's out of style. What kinds of items should you pass up regardless of a radical markdown? Baggy knits that look tried on, items with huge shoulder pads (if you take them out, the shape will sag).

Stick with a brand you like

If you find a particular designer or brand name that fits well, you can save yourself the trouble of trying on dozens of outfits.

Get wise about size

Sizes vary by designer—and even within a designer's own line it's not unusual to find that the size-eight trousers are too small for you, while the size-eight skirts are too large. The most standardization in clothing sizes is in catalogs and private-label clothing. But a catalog like Spiegel, which carries many different designer labels, is aware that a size eight from DKNY won't fit the same *(continued)*



Fall in love with a classic: left, from JCPenney's Hunt Club collection, a plaid wool blazer paired with a slim khaki skirt



Great gray flannel trousers are a style basic not to be without. Pants from Spiegel



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LHJ



Outlet shops are super for designer clothes at drastically reduced prices. Our find from the Harmon Cove Outlet, in Secaucus, New Jersey: a fashionable shorts suit by Tahari at less than half price

(continued) as a size eight from Liz Claiborne, so they provide a note to the customer (for example, "Item X is a generous silhouette, and you may want to order a smaller size").

No spur-of-the-moment shopping

Your most successful shopping excursions will be well planned. Allot a specific time, decide exactly what you want to buy and know where you want to go. You may also want to set up a shopping network with your friends—a great timesaving way to find out what's going on at various stores without having to check them all out. Also, never shop when you are feeling down—that's when you'll tend to make the worst shopping mistakes.

Demand quality

Why is it that most of us would take a ninety-cent loaf of moldy bread back to the store instantly, and yet if a zipper breaks on a new $90 skirt we simply replace it? According to our panel, 95 percent of consumer complaints about faulty merchandise are never reported. So if the manufacturers aren't aware of clothing damage, they aren't going to make sure the problem—be it faulty zippers or delicate seams—is fixed. Likewise, if a stain can't be removed by following the label directions, bring the item back to the store. A good store will give you your money back.

Make comfort a priority

Not surprisingly, the health-and-fitness craze, coupled with everyone's desire for a more casual lifestyle, has influenced fashion. The top-selling items these days? Bodysuits, fleece wear and clothing that's boosted with a bit of spandex. Designers have discovered that giving tailored clothing slight stretch creates a body-flattering line.

Count on catalogs

The biggest obstacle to smart shopping? Time. When you can't fit a shopping trip into your schedule, do what the pros do and pore through catalogs. Not only do they offer convenience, catalogs also are a great source of inspiration for how to wear the latest styles and how to combine colors, patterns and textures.

If something you order doesn't fit or doesn't look as good as it did in the catalog, it's a snap to send it back. Spiegel, for example, will pick up a return by UPS, free of charge.

SHOPPING MISTAKES YOU'LL NEVER MAKE AGAIN

Have a few items in your wardrobe that you rarely wear? Don't feel bad—even the fashion pros make mistakes. What to avoid no matter what?

Uncomfortable shoes

Everyone on our panel admitted buying *(continued on page 46)*



Maximum comfort, minimum prices: cowl neck and pants, Jaclyn Smith K mart Collection

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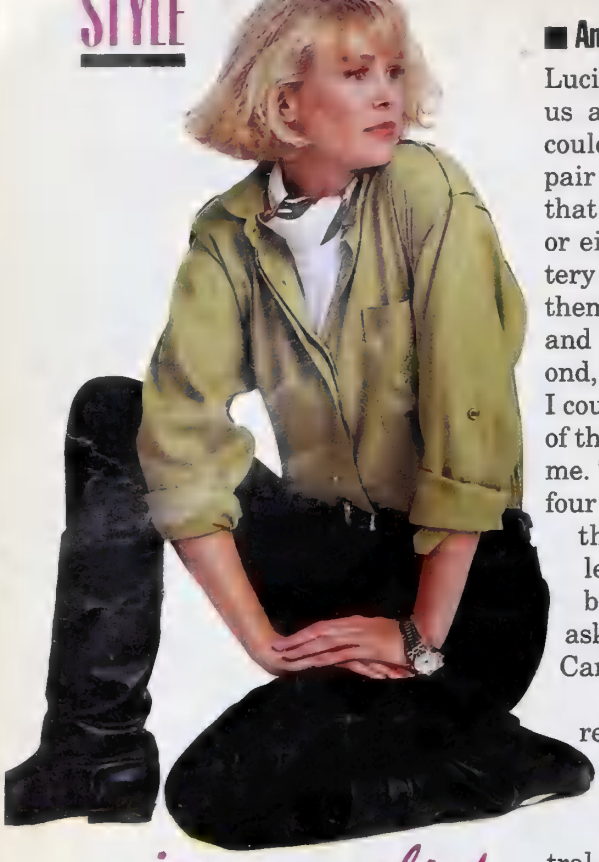
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Who doesn't love comfy jeans? Go for a pair in black-cotton stretch with stirrups, and top with a shirt in a great fall hue like olive. Jeans and shirt by Gitano

(continued from page 42) shoes that didn't feel good in the store, and never felt comfortable, even after being worn. The moral? Don't assume shoes will stretch—and don't listen to a salesperson who insists they will.

■ Ultrafancy evening dresses

According to Toni Bifano of Units, most women (herself included) overdo it when it comes to evening wear. Her advice? If you own one or two classic evening suits or elegant dresses in black, nine out of ten times you'll be able to wear them for any occasion. You can't go wrong with a little black dress—a sheath, chemise or slip-style—and by simply changing the accessories (jewelry, shoes, topping it off with a jacket), you can alter the look.

■ Anything too trendy

Lucille Klein of JCPenney told us a funny story that we *all* could relate to: "I once bought a pair of suede walking shorts that had been marked down six or eight times. They were buttery soft, and I just had to have them. But they were orange, and I never wear shorts. Second, I didn't own anything that I could wear with them. On top of that, they looked dreadful on me. They hung in my closet for four years before I finally gave them away." Lucille has learned to resist the urge to buy supertrendy clothing by asking: Do I really love it? Can I live without it?

So what's hot now that's really worth buying? A big washed-silk shirt in an unusual color like dusty rose or coral, and basics in neutral-colored suede—a blazer, a slim skirt, a men's-style vest.

BUILDING A WARDROBE

You don't need a lot of money or a lot of time to create a closetful of always-right clothing. Here's a guide you can count on

Clear out your closet

■ Try on every piece of clothing you own; get rid of anything that is unflattering—toss it or give it to charity. Now all you have left are items that you truly love.

Start investing in classic basics

■ A classic is something that has lasting appeal and can go from season to season. Lightweight fabrics (like rayon, wool crêpe or silk) can be layered for colder weather.

■ A great jacket is your number-one basic—you can build a whole wardrobe around it. (Tip: If you can't wear a jacket with at least five different items, look for another jacket.)

■ Next, invest in a pair of tailored flannel trousers and a slim wool skirt in a classic neutral like black, gray, black-and-white checks or camel. Classic tops? A white cotton shirt, cabled sweaters in solid shades.

■ Update your classics each season with accessories like scarves, bright-colored tees, a narrow belt with a silver buckle, riding boots, a good-quality leather flap bag. Spend a bit more on standout, one-of-a-kind accessories.

Buy trendy items on the cheap

Sharon King Hoge goes to bargain-basement stores to pick up cheap neon T-shirts to wear with her classic black-and-white check suit. "If you buy a bright tee for just a few dollars, it doesn't matter if you only wear it for a season," says Sharon.

Our panel's sensible advice taught us a thing or two—we hope they helped you, too. ■



Fabulous accessories are worth paying more for. Echo's jewel-themed scarf boosts a simple shirt and slim skirt

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WHAT'S HOT

One's the daughter of the legendary Lucy; the other was Kate's lovable sitcom pal. Now they're playing very nineties women on new TV shows

LUCIE ARNAZ THE GIFT OF LAUGHTER

By Vicki Jo Radovsky



MOST ACTRESSES DON'T BRING THEIR KIDS TO INTERVIEWS. BUT THEN, most actresses didn't grow up the daughter of show-business legends Lucille Ball and Desi Arnaz, who always made their work a family affair. "I think they were the happiest when they were working together in *I Love Lucy* or dealing with business at Desilu," says Lucie Arnaz, watching her seven-year-old son, Joe, play on the floor of her Beverly Hills office.

Looking fabulously fit in jeans, a pink silk tank top and a dark-gray tweed jacket, Arnaz, thirty-nine, seems happy these days, too. She has a new hour-long series on CBS, *Sons and Daughters*, a drama laced with black humor, from the writers of the offbeat seventies soap *Mary Hartman, Mary Hartman*. Arnaz says she was drawn to the project by the similarities between herself and the character of Tess, who's coping with the trials of a multigenerational family. "As the head of the household, Tess is a doer, a compulsive cleaner/organizer/take-care-of person who's constantly trying to please," she explains with a smile, "And, like me, she sometimes doesn't stop long enough to enjoy what she's completed."

Arnaz's workaholic nature can perhaps be traced to Lucille Ball, who raised Lucie and her brother, Desi, Jr., while making *I Love Lucy* in the fifties and *The Lucy Show* in the sixties. But these days, Arnaz is cautious when discussing her famous mom, who died last year at seventy-seven. After describing Ball as "a control freak" who "had to be in charge twenty-four hours a day" on *The Joan Rivers Show* last January, she wasn't prepared for the flak that followed. "People were calling me saying, 'What the hell's going on?' " says Lucie, who insists her words were taken out of context. "I came away from that interview thinking I'd done a really good job. I was more open, more honest than maybe I'd been in a while, but I felt like I was also more loving, and I couldn't imagine why I was getting such bad repercussions."

But everything "turned out great in the long run," says Arnaz, "because I got letters from people that said, 'Thank you for being honest and for making me realize we all have problems like this, and that it's okay to be angry at somebody and still love them.' I do have to be careful, though," she admits. "I have to become more like Warren Beatty—take longer pauses and think about how I'm phrasing something so that the public and press can't misconstrue it."

Arnaz laughs with that last statement. Clearly relieved that the brouhaha is behind her, she can now concentrate on her own kids; besides son Joe, she and her husband of ten years, actor Laurence Luckinbill, have Simon, nine, and Katie, five—plus Luckinbill's two children from a previous marriage, Nick, twenty-one, and Ben, fifteen. Even though she grew up among Hollywood's elite, Lucie insists that she has no problem keeping life at home as unpretentious as she is. "It comes naturally to me, because my mother was instinctively really good at just being normal," she says. "In fact, my mother's house is taking a long time to sell because it looks like anyone's grandmother's house, not the Hollywood image of a fabulous mansion. It's big, but it's ordinary, with no Jacuzzis or gigantic ballrooms or any of that stuff. You could put your feet up on the furniture. She never even had push-button phones!"

Despite the family's fortune, Lucie says her mother was determined not to spoil her children. "We had an allowance of fifty cents a week till I was thirteen. My brother, Desi, had a rock group with Dean Martin's son Dino, who got a helicopter *(continued on page 54)*

Mark Rabby

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"Heather"	Knowles	1987	$48	$525	+$477
"Jennifer"	Knowles	1988	$58	$550	+$492
"Matthew"	Knowles	1989	$58	$200	+$142

*Source: International Doll Exhibitions & Auctions, Ltd. Prices realized at the April 22, 1990 auction. Other resale prices may vary.

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WHAT'S HOT

(continued from page 48) for his birthday. Desi said, 'Can I have a helicopter, Mom?' and she said, 'Don't even talk to me about this! Get out of here!' She was very centered about what was realistic and what was ridiculous."

Warming to the subject of parents and children, Lucie smiles as she reminisces about her mother. "I found a letter from her the other day saying, 'I know what you're going through with the children at this age and how tough it is for you.' It's funny. When she was alive, I never would have let her get that sentence out without saying, 'No! It isn't tough, I can handle it, don't worry,' because she always worried too much. Now that she's gone, I find myself reading that letter and thinking, You knew. It must have been tough for you, too, trying to balance things and have enough time for your kids and your work and your husband. And it *is* tough."

What strengthened the bond between mother and daughter, confides Arnaz, was simply the passage of time. "Getting older does it," she says, her voice softening. "It makes you realize that the stuff you thought was so important to argue about at fifteen doesn't really matter when you're talking about how much time you have together. I wish I had that last week again, that one week in April from the time my mother went to the hospital till the day she died. There was a lot that I said to her, but it wasn't enough. I could have told her so much more. But she would be the first person to say, 'No regrets!' "

Arnaz has followed her parents' professional example. Just as they combined their own first names for Desilu, Lucie's Just Arluck Productions is a contraction of the names Arnaz and Luckinbill. While some actors find working with their spouses distracting, for Lucie and Laurence, "it's like a vacation," she says. "The joy of working together is that we *don't* think about all the other stuff, the house or the office."

But Lucie says that acting regularly with her husband did create some problems. They worked together so often that the couple were eventually perceived in the business as a package deal. "We consciously had to turn down work together to dispel those rumors," she explains.

Arnaz takes in stride the failures of two previous television efforts, *One More Try*, a pilot that aired in 1982, and *The Lucie Arnaz Show*, in 1985, and she's philosophical about the fate of her new one. "Which shows work is up to the gods," she says. "*Sons and Daughters* is a character show that doesn't have big stars or an easily defined premise. It's going to take people to believe in the show and the network to stand by it."





"My mother was instinctively good at just being normal," says Arnaz, with Ball (above). Lucie stars with Don Murray in the offbeat TV series "Sons and Daughters"

Regardless of how *Sons and Daughters* is received, Arnaz plans to keep appearing on stage. "It's my medium, where I feel most at home, and I *love* it!" she raves about her nightclub act, which currently features contemporary songs along with several dance routines. She would like to eventually incorporate her father's big-band Latin music—including his beloved "Babalu" as the dancing finale. "That curtain goes up and then it's up to me; there's an energy in the audience response that pushes you," Lucie says.

If it weren't for all the energetic dance numbers in her nightclub act, in fact, Lucie doubts that she'd be able to stay fit. "I'm the worst exerciser in the world," she admits, sipping her morning coffee. "I'll tell you what I do to stay in shape: I pick up a lot of toys and shirts and shoes. Right, Joe?" she says, smiling at her son.

While exercising isn't high on her list of priorities, Arnaz still spends plenty of time on the run. At the moment, she's discussing preliminary ideas with Universal Studios for a Lucille Ball museum, and husband Luckinbill is in the process of writing a Broadway musical titled *Desi*, which will be based on her father's life. But as for the television movie about her parents that's in the works at CBS (the network launched a nationwide talent search for the leads in July), "I have nothing to do with it," Arnaz says coolly. "I wasn't asked first. I'll just trust that it will be handled with as much dignity as possible—and I'll stay on my set and do *my* show."

Meanwhile, Arnaz makes it a point to maintain ties with her remaining relatives. She keeps in close touch with her stepfather, Gary Morton, to whom her mother was married for twenty-seven years. "He's the only grandfather my children have now," she says. "He's very important." Arnaz is also in frequent contact with her brother, now thirty-seven, who lives in Nevada with his wife and their thirteen-year-old daughter. An actor and spokesman for the New Life Foundation, a self-development organization, he and his sister have formed Desilu, too, a company that handles their parents' estates and licensing rights. "Desi's very happy," says Lucie, "and I'm proud of him."

She's also justifiably proud of her parents' legacy of love and laughter as seen in *I Love Lucy*. "Good comedies make you forget, and the more tragic things happen in life, the more you need comic relief," she observes. "Sometimes I watch the news and get so depressed that I turn the channel to *I Love Lucy*. There they are again; Hi, Mom! Hi, Dad! I'll get caught up in it and laugh, just like everybody else.

"I don't think my parents thought, 'This is it!' about *I Love Lucy*. It was a job, a good show. What works is when the audience says, 'That's just like real life, just like me.' "

Having seen life on both sides of the TV screen, Lucie Arnaz should know.

Photos, from left: T. Esparza/CBS, Steve Granitz/Retna.





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WHAT'S HOT

JANE CURTIN
ALLIE MOVES ON

By Eric Sherman

JANE CURTIN'S LIFE COULD BE RIPPED FROM THE PAGES OF ANY UPSCALE CATALOG. DRESSED in white pants and a preppy blue polo shirt with an upturned collar, sunglasses resting atop her sun-streaked brown hair, she's sitting on the patio of her ten-room Connecticut country home set on twenty-eight acres. While she keeps an eye on a turkey roasting in the oven, Jane's husband—independent producer Patrick Lynch—and seven-year-old daughter, Tess, are out shopping at the mall. Dali, her shorn, cream-colored Tibetan terrier (you were expecting a mutt?), is hunting for chipmunks in the woods behind the house.

It might have been a scene from Curtin's recent television series, *Kate & Allie*, if Allie had never divorced her doctor husband and moved to New York City. But like her old character—and the divorced mom she plays on the new NBC sitcom *Working It Out*—Jane's full of surprises. By turns quick-witted and introspective, she's also a shy former Catholic boarding-school girl who gladly made a brilliant fool of herself on national television as an original cast member of *Saturday Night Live*.

Jane rarely talks about those days at *SNL*. But as her Allie-like reserve melts a little, she shares some behind-the-scenes memories. They're not all wonderful, by any means. Take her recollection of Chevy Chase: "Chevy's ego totally went over the top," she says. "He was just this writer before he started the show, and then he gets catapulted to this position and sees his face on the cover of *Time* magazine or whatever. It's a stunning thing to have happen to somebody who was young and totally unprepared for it. His ego just went nuts."



Curtin says that Chase, fellow cast member John Belushi and, to a certain degree, producer Lorne Michaels all felt threatened by the troupe's female stars—herself, Gilda Radner and Laraine Newman—who she says were generally given less to do. "There was a lot of competition that got ugly—a lot of competition between the men and the women, especially the first year," she recalls. "They were a totally misogynistic group. Nothing we did would convince them that we were not out to take away their stature in any way."

Jane says her friend Gilda was particularly hurt by the second-class status and constantly felt the need to prove herself. She would stay late at rehearsals, then return to her apartment alone. Unable to sleep, she would often wander the streets of New York at three A.M.

"She was probably the most loving, warm, wonderful person—not to mention talented," recalls Curtin of the gifted comic, who died of ovarian cancer in May 1989. "But she was searching for something. She wanted desperately to be loved. She would give so much to an audience. And then, when she finally became really, really big, some of the press turned on her. All of a sudden they started chipping away at her bit by bit. It hurt Gilda so much; she just didn't expect that. It was very crushing."

Her eyes grow misty as she describes the tremendous strength Gilda showed during her last months. Curtin recalls throwing a party at her Connecticut home for Gilda in 1988 at which some of the old *SNL* staff and crew were present. She speaks slowly and stares into the distance, as if she is replaying the scene in her mind and must get every detail just right. It was the last time she would see Gilda alive.

"Her spirits were just wonderful, and she was so funny," Jane says with a sad smile. "She joked about [having cancer] a lot, but it was hard to see her like that. The damage was done." There is a silence that seems to go on forever. Then, quietly, she continues, "It's hard to lose a friend. She was too young. But at least she seemed happy. She and Gene [husband Gene Wilder] had a wonderful relationship. She finally seemed as though she had found someone who could give her the love she needed. She finally had moments when she was at peace with the world, because she really didn't have peace before."

Jane also has vivid memories of John Belushi, who died of a cocaine and heroin overdose in 1982. Although his death was a shock, she says, it was not totally unexpected. "All of his heroes were people who had trashed themselves for the sake of art, and he was going in that direction with a vengeance," she recalls. "He was out of control on *Saturday Night*—I think because he cared so much about it. He felt the need to be incredibly vocal about his desires for the show, and he was like a little steamroller. Unless you wanted to get flattened, you pretty much had to stay out of his way. I knew John before *(continued)*

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Del Mo

rday Night, and he was different. ard to deal rationally with some- who is that driven."

e experience of watching talented s destroyed by the quest for fame adulation has only reinforced 's wariness of public attention. eldom gives interviews and hates ng about herself. "I don't want to n the covers of magazines," she "I never wanted fame; I find it ult to deal with. I just want to working and earn a paycheck."

fact, Jane didn't originally even to become an actress. The youn- of four children of an insurance tive from Cambridge, Massachu- she had planned to pursue an



for success? Curtin and co-star Stephen play two divorced people starting from in the new sitcom *Working It Out*

c career in the foreign service, un- e realized that women were often ated to desk jobs. Instead, she en- l in the drama program at North- rn University, in Boston, but she ed out before graduating.

ile doing summer stock during ge, a fellow actor convinced her to ion for a local improvisational , The Proposition, even though ad never even seen an improv e. Curtin had such a naturally wit, however, that she got the The same thing happened when nswered an open audition for a television show called *Saturday t*, in 1975. Unprepared to read ing when she was called back, lubbed her way through an old she had in her purse—and she e job.

t before she joined *SNL*, Jane mar- Patrick, whose TV credits include ctions for PBS's *American Play-* . The couple, who had once met y and uneventfully at a restaurant, were set up on a blind date in 1973. Jane thought that Lynch was rich because he showed up in a suit to take her to a hockey game. "Little did I know it was his high school graduation suit," Jane says, laughing. "I didn't notice how shiny it was in the back."

They were married eight years before they had Tess. Do they intend to have another child someday? "No, no," says Curtin. "I have one good one I'm very happy with. We have a good time together, but both my husband and I have put so much time and energy into raising her that I just think it would be exhausting to do it again—especially while I'm working."

Although the family has a modest apartment in New York for when Jane is taping and Tess is in school in the city, they spend much of their time in their gorgeous Connecticut home, which is set amid fields, farms and woods. Jane says Manhattan is just too hectic, and she'd never dream of living in Los Angeles, which she finds "incestuous." (All three of her TV shows have been shot in New York.)

While the Emmy Award–winning actress isn't longing for the company of other celebrities (Jane says her friends in Connecticut include her dentist and her contractor), she remains friendly with former *Kate & Allie* co-star Susan St. James, who lives a short car ride away. Curtin denies rumors that the actresses were fighting at the end of the series, although she does admit that the last year was an unhappy one. Executive producer Bill Persky, who wears the same hat on *Working It Out*, had left *Kate & Allie* to work on other projects. In his absence, she says, the series lost all focus. "It became about nothing," she explains. "The scripts just fell apart. It was unpleasant to do. You just felt as though you had done some sort of mindless exercise."

Jane says she's hoping for a far more positive experience now that she's teaming up with her friend Persky again. The romantic comedy, in which her character develops a relationship with a photographer played by Stephen Collins, examines the foibles of modern relationships. Even if *Working It Out* doesn't, Jane says she won't mind. If the series fails, she'll probably just bide her time in Connecticut.

"I love this place—it's tremendously comfortable," she says. "There are animals and birds, and I saw a bobcat on my lawn last summer. My daughter can come out and catch butterflies." Tess displays them, along with other bugs, in jars throughout the house. Jane sits quietly for a moment, as if treasuring the silence. "You know something," she says, flashing a giant smile, "I have a *nice* life." ■

IN SIX GREAT FLAVORS



DISHING WITH THE DESIGNING WOMEN

What are all those sassy Southern belles really like? Well, the Journal went to Hollywood for a down-home talk with the stars of one of television's most enduring—and endearing—comedies.

By Jeff Rovin



They look as snappy—and sound as scrappy—as the outspoken Southern belles they portray. But when you first meet Delta Burke, Dixie Carter, Annie Potts and Jean Smart, you're struck by how very different these actresses seem from their characters on the popular sitcom *Designing Women*.

Dixie is a soft-spoken conservative, the antithesis of that liberal spark-plug Julia Sugarbaker, and Delta has none of the aloof self-love that serves as Suzanne Sugarbaker's pedestal. Annie is far more intrepid than the demure Mary Jo Shively, and Jean is not some Appalachian innocent like Charlene Frazier Stillfield but a wisecracking northerner. And yes, three of the four even admit they're pretty hopeless at home decorating. (Delta insists she's a whiz.)

Still, none of these differences spoil the friendship these women share. On the set, they reportedly get along fine; off, they get together socially as often as their busy schedules allow. In fact, all that warmth must be catching: Delta and Jean married actors they met on the show. At press time, though, Delta was rumored to be growing tired of the sitcom grind.

Going into its fifth season, *Designing Women* has been praised for handling touchy issues, such as wife-beating, with sensitivity, while remaining genuinely funny. The show's forty-something writer and executive producer, Linda Bloodworth-Thomason (formerly a writer on *M*A*S*H*), reveals that this season will be as challenging as ever. As the season opens, one of the supporting players has died. And there will be other surprises, often drawn from the tribulations its leading ladies have conquered in their own lives. As Delta puts it, "I've told Linda that with everything we've gone through, she's lucky she's not writing a show called *Dead Women*." Now meet the real females behind those story lines:

Delta Burke fights back

Delta cradles the letter gently as she slips it from the envelope. "It's a handwritten note from Elizabeth Taylor," she says proudly. "You can't touch it, so I'll paraphrase. She says I'm courageous, and that I shouldn't let all the lies and garbage get to me." Delta smiles. "Whenever I'm down, I take it out and read it or just hold it. Oprah Winfrey wrote to me, *(continued on page 67)*



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(continued from page 60) too, but this one is like a letter from God."

Nowadays, the thirty-four-year-old actress is "down" less than she used to be. Curled on the bed of her small but cozy dressing room, wearing black slacks and a loose-fitting white blouse, Delta has none of the self-centered poutiness or snapdragon frankness for which her character, Suzanne Sugarbaker, is famous.

"I'm a chicken," Delta confesses. "I don't like confrontations, the way Suzanne does, which is why the last two years were so painful. All those stories in the tabloids about why I got fat, why I'm being fired, why my husband [actor Gerald McRaney, star of *Major Dad*] is leaving me—they were crap. But I wasn't equipped to fight back, and it hurt a lot. I watched years of trying to build a career go down the toilet, when I hadn't even done anything wrong!"

Delta's climb to the top began when she was twelve and started a modeling career. The winner of eighteen beauty pageants, including Miss Florida, the Orlando-born beauty set her sights on Hollywood and landed parts in two 1979 TV movies, *Charleston* and *A Last Cry for Help*. She has been working ever since. "Professionally," she says, "I've been very fortunate."

Personally, though, her life has had its rough spots. At the age of four, she was molested by the father of a girlfriend, an incident that left her afraid that "every time a man approached me, he would hurt me," she says. "I sublimated that as best I could, but then as a teenager, I only met men who were interested in me sexually—not romantically, but in a dirty, unloving way. I was nearly date-raped a number of times, and that pushed me over the edge. I became terrified of men."

When she came to Hollywood, not only didn't Delta date, she rarely left her apartment. Then, because of all the attention she received from *Designing Women*—especially from men—she says, "I turned to food for solace, like a baby sucking a biscuit. I guess I also thought, subconsciously, that if I were fat, men wouldn't find me attractive and I wouldn't have to deal with being a sex object."

Not surprisingly, when Delta showed up thirty pounds heavier for the fourth season in 1989 and the press onslaught began, it made a bad situation worse. "I actually had total strangers coming up to me in public, ripping open my coat, and saying, 'Hey, lemme see!' " she recalls with disgust. "In the past, whenever I was down, the one thing I had to fall back on was the fact that people considered me beautiful. Now I didn't even have that. I had nothing, absolutely no self-worth."

Confessing that she might easily have turned to drugs or drink, she says her salvation was McRaney, whom she'd met when he played her ex-husband on the show.

"What can I say about him?" she asks, her voice filled with pride. "Mac kept reassuring me, telling me that he loved me however I looked, and that all this would pass. He was gentle and strong, and he helped me realize the truth: that I look like this, and I'm gonna diet, but I can't wait until I'm skinny to start living my life. I started to come back up again. I found my fighting spirit, and I was able to get on with things."

Today, life is "just fine." The weight is coming off slowly, thanks to a diet of salads and protein shakes. "The hardest thing is to keep going, to stay psyched. I look in the mirror and cry, 'I don't want to look like this!' But eventually, my metabolism will change. This time, I'm going to take the weight off *right*."

Delta says that after a year and a half, marriage, too, "is great. Mac and I have a normal relationship with its ups and downs; we're both very independent people. But we have a *strong* relationship. Even though we both work long hours, we make pockets of time for each other, and nothing intrudes on those." The two don't plan to have children yet ("we may have them someday, but it isn't a priority"), but Delta *is* making time for something else that's important to her: writing a book about her experiences. "My hope is that I can help other women who are ridiculed or have lost self-respect because of their appearance.

"I'm going to come through this," she says, and flashes a smile. "I *have* to. Good Lord—do you think I want to let Elizabeth Taylor down?"

Dixie Carter hits a high note

The small screen doesn't do justice to Dixie Carter. Sitting in her dressing room, surrounded by photos of herself and her third husband, actor Hal Holbrook—who played her lover, Reese, on the show—Dixie is a beautiful woman with extraordinary charisma, smooth-as-cream skin and a radiant smile. At fifty-one, she has more energy (and *much* better posture) than her co-stars.

"Honey, I've *got* to stay sharp!" she says, laughing. "Hollywood's not a good place to grow older. The values are utterly superficial, and since I see no sign of being highly regarded for my intellect, I'd better keep my waistline small.

"But *ohhh*," she moans, "how humbling the effort can be! I do acrobatic exercises with this gentleman who comes to my house. Well, I said to him just the other day, 'Let's work on making my arms shapely so I can wear strapless dresses again.' And he said, 'Let's be realistic. We have to concentrate on not letting it get any worse.' "

Dixie on Hollywood values: "Since I see no sign of being highly regarded for my intellect, I'd better keep my waistline small."

Dixie laughs at the story. After an extraordinary professional comeback, a little thing like sagging arms isn't about to drag her down.

A stage actress from McLemoresville, Tennessee, with experience in everything from drama to light opera to comedy revues, Dixie gave up her promising career when she wed businessman Arthur Carter. They had two daughters, and for eight years Dixie's life "was all about raising them." The marriage formally ended in 1977, a few years after Dixie realized that her husband was no longer in love with her.

"That's an experience I wish on no one," she adds. "What it did to my self-respect is like what a cat does to a scratchin' pole. But I was luckier than many women in that position. All I had to do was get on a plane and go home to Tennessee, let my family remind me that I was worth something."

Shortly thereafter, she met and wed Broadway star George Hearn, a union that lasted less than a year. Through it all, Dixie tried to return to acting, but to her dismay, she was *(continued)*

DESIGNING WOMEN
continued

unable to find an agent. "The time I'd been away was *death*," she says. "Perception is so important in this business, and no one wanted to be associated with a has-been. I was hurt and frayed. Friends thought I had cancer, I looked so bad."

Her confidence "hanging by a thread," Dixie finally met an agent who turned her life around.

Dixie landed bit parts in TV series, followed by roles on *Diffrent Strokes* and the *Dallas* spoof *Filthy Rich*. It was on the latter that she met Linda Bloodworth-Thomason.

Surprisingly, the role of the elegant Southern woman was *not* tailor-made for the elegant Southern actress. While Julia Sugarbaker is best known for her social and political liberalism, Dixie is just the opposite. "We both have a deep sense of humanity," Dixie says, "but that's where the similarity ends. I don't believe in permissiveness, and I don't have a kindly attitude toward miscreants.

"I'm also not a feminist in the current sense of the word. There's no question in my mind that I'm different from men, and frankly, I *enjoy* feeling every bit like a female."

But Dixie also has a nontraditional side. She says her "favorite, most wonderful thing in the world to do is sing," and though she knows how to put over a torch song or ballad, she's in her glory doing an aggressive bump-and-grind. "What can I tell you?" she shrugs. "I enjoy getting up on stage and moving. *That's* liberation." Bloodworth-Thomason says, "We have a deal. Whenever there's a liberal speech Dixie really doesn't want to say, she says it—then she gets to sing the following week. Never mind money. That's what we have to do to keep her happy."

Dixie recently completed her second sold-out stint at a glamorous supper club in Manhattan and is working on an album. However, the high point of her singing career occurred this past June, when she sang the national anthem for President George Bush and the forty-five hundred guests at his sixty-sixth birthday celebration. "I don't know how I managed to get through that," she says. "My voice was pepper dry, and I was never, *ever* more terrified."

Dixie's voice may soon be heard in more ways than one. She wants to "make speeches to clubs and organizations about raising children and how unhappy women can go out and make new lives for themselves."

Dixie's quick to add that she doesn't intend to proselytize like Julia. "I'm not a soapbox orator. I just want to get out there and spread that love and happiness around."

Annie Potts keeps the faith

We're driving through Burbank when a car runs a red light. Annie brakes suddenly.

"Bad . . . bad," she says. Her voice, usually calm, has an edge. "When are people going to realize that slow and steady wins the race?"

After a moment, Annie relaxes again. "Sorry," she says. "I don't have nightmares about the past, but speeding cars and police sirens throw me into a bit of a panic."

The past to which Annie refers is October 23, 1973, five days before her twenty-first birthday. She and her actor-husband, Steve Hartley, were driving through the countryside of northern Washington State, when their van was hit by one of three cars drag racing down the road. The accident cost Steve a leg; Annie suffered a crushed femur and compound fractures of both her legs; and she lost the heel of her right foot. (The kids who hit them settled out of court for $7,000. Though they'd been drinking, their licenses were not revoked.)

Today, at thirty-seven, Annie has a slight limp and suffers from arthritis in her hips and ankles. She can't play tennis or do aerobics, and she says that "sometimes I have to yell for my son to help me get out of a chair."

Remarkably, moments of bitterness are rare. Later, back in her dressing room—decorated with drawings by her eight-year-old son, Clay—Annie says, "This may sound strange, but it was actually a great privilege to have gone through the accident and recuperation. It taught me not to hold on to anger and resentment toward *anyone*. Hate isn't going to hurt the people who did this to me, but it's going to hurt *me* considerably. Negative thought is unproductive and keeps you from getting on with your life.

"Those people who had the misfortune to run into me—I'm sure I probably killed them in five or six previous lifetimes," she adds. "My faith in that concept is one reason I've been able to let go of the accident."

If it sounds like Annie's climbing out on a limb beside mystic Shirley MacLaine, she is, in fact, a staunch New Ager who maintains her extraordinary tranquillity by regularly practicing yoga and meditation. She believes that "life is a school. God's not stupid: He'll recycle us until we're all refined, like little gems. You come back and have certain things to learn and unlearn in each lifetime." *(continued)*

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2. Enter as often as you wish, but each entry must be maile separately and include the original UPC symbol from the M 26-oz. Table Salt label. Mail to: Morton® Salt "Give Us A Hi test, P.O. Box 1229, Skokie, IL 60076-8229. Residents of Florida, Maryland and Wisconsin need not include UPC sy

3. Contest starts 9/1/90, ends 1/15/91. All entries must received by midnight, 1/15/91. Morton International, Inc. is responsible for lost, late, illegible or postage-due mail. Ent come the property of Morton International, Inc. and none w returned.

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Winners will be notified by mail by 2/28/91.

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DESIGNING WOMEN
continued

Raised in Franklin, Kentucky, the youngest of three girls, Annie never wanted to do anything but act. She and Steve were planning stage careers in New York when, as Annie puts it, "we had the cosmic carpet pulled out from under us;" after the accident, they remained on the West Coast, where Annie "had no intention of becoming a film or TV actor. I sort of fell into it." Prior to *Designing Women*, she was probably best known as the wonderfully nutty receptionist in *Ghostbusters I* (a role she reprised in *II*).

Her personal life, however, did not fall into place quite as easily. Five years after the accident, her marriage to Steve ended in divorce. "Steve was very courageous, but it was difficult for him to accept what had been done to his body. I was a strong reminder of what had happened, and though we parted friends, the emotional pressure was such that we *had* to part."

She married movie sound technician Scott Senechal (now an assistant director) in 1981; Clay was born later that year. Annie won't reveal what caused her second marriage to fail, but she hints that her schedule had a lot to do with it. Annie and Scott filed for divorce early this year.

Annie's voice *does* rise slightly w she says that she and Scott tried— successfully—to divorce quietly. don't know what lower life form ex down at the county courthouse, w ing for that kind of thing to come but all of a sudden the divorce wa *Entertainment Tonight*! I thou How bizarre that this event w come under the category of entert ment! I felt like someone had b through my underwear drawer."

Annie is currently dating cine tographer Jim Hayman, whom met while making the movie *Sket* in early 1989. Do they plan to ma As the *Journal* went to press, usually low-profile Annie discl a September wedding date.

"Everything considered," she s "I have a wonderful life. I've got show, there are films, and on t rare occasions when I find myself cretly saying a little curse about arthritis or *Entertainment Tonig* remind myself how diamonds made: constant pressure. You hav take life's trials in stride."

Jean Smart looks for answer

Of all the Designing Women, Smart is the biggest surprise.

Not only is the Southern accen fected, but Jean is a frank and u hibited woman—as far as you ca from square Charlene Frazier S field. Most of her credentials com from prime time: the Hartford S Company, the Seattle Repertory atre, the Pittsburgh Public The plays both on and off Broadway.

"So what am I doing here?" The th eight-year-old actress says, laug "There was something very appe about Charlene. I'm used to pla ambitious women or villainesse hookers, and here was a character was from a great big rural family ditionally religious, innocent an less jaded than I. It's a part of me I haven't been able to express ver ten. Innocence is like virginity. you lose it, you can't get it back."

For Jean, playing Charlene has one other dividend: She met her band, Richard Gilliland (perhaps known as Polly Draper's married on *thirtysomething*), when he g starred as Mary Jo's boyfriend o *signing Women*.

"I asked Delta to find out if he married," Jean recalls with a la "Naturally, Delta walked up to and blurted, 'Jean wants to kn you're married.' "

He wasn't, and Jean lured hi her dressing room under the f pretext of needing help with a word puzzle—which, along

ronomy and tennis, is Richard's
sion. A few puzzles later they were
king about marriage, and they wed
June 1987. Their son, Connor, was
n in October of 1989.

I know the things I'm experiencing
n't unique, but, boy, are they
ong," Jean says. "I guess the most
verful feeling I have is this incredi-
sense of completeness. You sit
re and say, 'I have a *family*.' It's a
d of fullness you can't describe.
ht now, I can't even imagine hav-
another child. I don't see how I can
sibly divide the feelings I have
ong more children. I'm sure that
ill pass, but it seems just as strange
ne as the idea of having another
band.

I also feel humbled and scared. You
k. If anything ever happens to this
d, I'll die. I can't stand the thought
t he's ever going to spend one mo-
nt being unhappy or one moment in
n. Then you wonder, God, did my
ents feel this way? And you start to
erstand them a lot more."

However, perhaps the most impor-
t change of all has been what
n's pregnancy did for her health. A
betic, she says, "I never paid any
ntion to the disease, and if I kept
aking it for granted, I could have
ed up with very serious kidney or
on problems. It took getting preg-
t to whip me into shape; it's amaz-
what you'll do for a baby that you
n't do for yourself. I stopped smok-
, I started eating right, and I
en't been this healthy since I was
high school."

With everything going so well, Jean
been able to take time to do a few
ngs that are important to her. She's
n hitting the rowing machine to get
k in shape, and has been spending
much time as possible lecturing on
alf of the American Diabetes Asso-
ion and, more recently, the World
dlife Fund.

We have a telescope, and we go
aping in these remote fields to look
he stars. Astronomy makes you re-
e how minute and fragile the plan-
s, a miraculous oasis in a cold, gray
verse. And we're just heaping gar-
e on it. It's important to get people
tivated to clean it up, and I want to
out there doing that," she says.

ean the actress speaks eloquently
her cause, but it's Jean the moth-
who makes the most moving state-
nt of all: "Didn't I say motherhood
ses you to think differently? When
ot pregnant, I only wanted to im-
ve *my* health. Now I want to save
world." ■

f Rovin is a contributing editor of
dies' Home Journal.



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PARENTS' JOURNAL

A guide to child rearing in the nineties. By Mary Mohler and Margery D. Rosen

KIDS' TV: A REPORT CARD

By Ron Givens

Do you really know what happens on Saturday mornings and weekdays after school, when your kids plant themselves in front of the tube for hours? (The latest figures, FYI, reveal that kids watch an unbelievable twenty-five hours of TV each week.) At press time, Congress is trying to help with a bill to limit the number of commercials that run during kids' programming. Legislation would also require television stations to air programs that satisfy the educational needs of younger viewers. Unfortunately, a similar bill was vetoed by President Reagan in 1988 after it sailed through Congress. The Bush administration has already indicated that it doesn't like the current legislation, but many on Capitol Hill are lobbying the "education President" to give a higher priority to kids.

Until then, we're here to help. We've graded the most popular children's shows so you can better regulate what your kids are watching. We don't assume a show has to be strictly educational—but we don't settle for stupid fun, either.



Cowabunga! The Ninja Turtles on TV

ADVENTURES OF THE GUMMI BEARS (Syndicated)

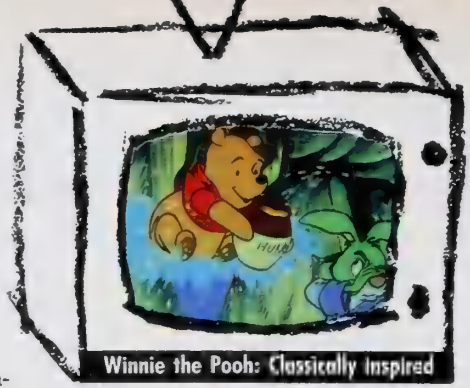
Concept: Cute animated bears live in a medieval forest and use enchantments to get out of low-key dilemmas.
Entertainment value: These candy-colored critters do have sweet adventures.
Social value: Some stories end with a simple moral.
Typical moment: After abandoning her normal chores to play all day with an old friend, Grammi Gummi says, "There's more to life than fun."
Overall: Small children may find this charming, but older kids will squirm. **C**

BEETLEJUICE (ABC)

Concept: A screwball ghost and his teenage friend have wacky escapades.
Entertainment value: Captures the macabre/funny pizzazz of the movie with sly, cornball humor.
Social value: Nothing educational going on here. Ghosts just want to have fun.
Typical moment: B. declares himself to be fit as a fiddle and promptly changes into a Beetlejuice-like cello.
Overall: Entertainment only, but imaginative and well done. **B+**

THE BUGS BUNNY & TWEETY SHOW (ABC)

Concept: Classic Warner Bros. cartoons starring such old favorites as Bugs Bunny, Daffy Duck, Tweety Bird and Porky Pig.
Entertainment value: These wonderful animated shorts retain their wise-acre appeal even though most of them are thirty to fifty years old. No cartoons have ever been their equal.
Social value: Kids won't know the historical references, but unfortunately, they will understand the violence.
Typical moment: Innocent Tweety causes Sylvester the cat an extreme physical injury and says, "Poah putty tat!"
Overall: Enjoyable as these 'toons are, their frequent violence may be too much for littler kids. **A-**


Winnie the Pooh: Classically inspired

CHIP 'N DALE'S RESCUE RANGERS (Syndicated)

Concept: These chipmunk leaders of a band of critters rescue animals and humans from assorted perils.
Entertainment value: The two chipmunks are cute. Their animal buddies are cute. Each episode is cute.
Social value: Animals are cute.
Typical moment: When Chip and Dale are stranded in an astronaut suit in outer space, their pal Gadget the mouse blasts off and rescues the duo.
Overall: These meandering adventures are as forgettable as the watered-down characterizations. **C**

DUCKTALES (Syndicated)

Concept: Uncle Scrooge McDuck and his three nephews—Huey, Dewey and Louie—go on cartoon adventures.
Entertainment value: Humor is bland and sappy.
Social value: The kids learn their lesson.
Typical moment: H, D and L say in unison, "We never meant our trick to go this far."
Overall: Interesting for little ones. **C+**

EUREEKA'S CASTLE (Nickelodeon)

Concept: A group of lively puppets occupy the castle of a girl wizard.
Entertainment value: Interesting characters introduce us to animated adaptations of stories from children's literature.
Social value: Younger kids will learn the most, but older ones and even adults may discover a thing or two.
Typical moment: One character tells a riddle: Why does the rain fall down? Because it can't fall up. A second character doesn't get it, which introduces a cartoon and song about the rain.
Overall: Simple enough for the very young, and imaginative *(continued)*

Photo, top: The Walt Disney Co.

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PARENTS' JOURNAL

(continued) enough to hold the interest of older kids and adults. **A**

GARFIELD AND FRIENDS (CBS)

Concept: One sassy, hungry pussycat rules the world. A faithful adaptation of the popular comic strip, plus a variety of other short bits.

Entertainment value: In refreshing contrast to every other kids' show, Garfield doesn't have a kind bone in his body.

Social value: On some subconscious level, this show may teach kids that smaller creatures can make larger creatures look like fools. Then again, maybe it simply teaches respect for cats.

Typical moment: Garfield sees a cake: "It would be wrong of me to eat the whole thing." After eating it: "You knew I was going to do that."

Overall: It may be the same joke every time, but at least Garfield has intelligence and a sense of irony. **B**



Beetlejuice: Ghosts just wanna have fun

JIM HENSON'S MUPPET BABIES (CBS)

Concept: Muppet characters are animated infants in a nursery.

Entertainment value: An enchanting tribute to the power of the imagination.

Social value: Important lessons, such as people caring about each other, are subtly ingrained in lighthearted romps.

Typical moment: One of the babies knocks over a toy ant farm, inspiring a play fantasy in which the Muppets are in a Wild West fort overrun by bugs.

Overall: The best show on commercial TV for young kids. **A+**

PEE WEE'S PLAYHOUSE (CBS)

Concept: A man-child and his friends have fun in his own special world.

Entertainment value: Pee Wee sees the world with the wonder and excitement of a child. The show is filled with visual treats, from live actors to oversize puppets to classic cartoons.

Social value: Pee Wee and friends often have problems that are solved during the show. The secret-word portion of the program encourages kids to be active participants as viewers.

Typical moment: Pee Wee has a toothache, is encouraged to see a dentist by his friends and feels better.

Overall: Adults may find Pee Wee's mannerisms irritating, but this may be the only show that both young and old can consider hip. **A**

SLIMER! AND THE REAL GHOSTBUSTERS (ABC)

Concept: An animated adaptation of the 1984 hit movie.

Entertainment value: A combination of toothless spookiness and smart-alecky wit in the spirit of the movie.

Social value: None.

Typical moment: After an evil doctor has attempted to destroy the Ghostbusters in their home, one says: "He's not all bad. At least he made a house call."

Overall: Brainless fun, with frequent violence, albeit against ghosts. **B-**

SUPER MARIO BROS. SUPER SHOW (NBC and independent stations)

Concept: A television version of the Nintendo game.

Entertainment value: A tedious series of adventures involving Mario and Luigi, two plumbers from Brooklyn. Video-game bleeps dominate the soundtrack.

Social value: Money for Nintendo.

Typical moment: Mario eats a magic flower and becomes Super Mario, just the way it happens in the game.

Overall: Animation for profit. **D-**

TEENAGE MUTANT NINJA TURTLES (CBS and syndicated)

Concept: The exploits of four anthropomorphic reptiles who love pizza, fight crime and learn karmic lessons from their Ninja teacher, Splinter.



Bugs Bunny & Tweety: Old favorites

Entertainment value: If you like action, this is the show for you—bodies and weapons fly around continuously.

Social value: Fighting crime is good.

Typical moment: "Anyone for a slice of licorice-and-granola pizza?"

Overall: Sure is enjoyable, dude, but the violence never stops. **B**

THE NEW ADVENTURES OF WINNIE THE POOH (ABC)

Concept: Cartoons inspired by the classic books of A.A. Milne.

Entertainment value: Produced by Disney, it has all the wise charm of earlier films based on the same material.

Social value: The Milne characters have such richness and such humanity that tiny lessons about life are naturally at the core of these whimsical tales.

Typical moment: After he can't find a birthday gift for the irrepressible Tigger, Pooh says, "Oh, bother."

Overall: Younger kids will be enthralled, and older kids might like it in spite of themselves. **A**

INCOMPLETES

It's too early to tell about the new fall shows, but several look like hits. The animated *Little Rosey* (ABC) takes the title character from *Roseanne*, the top-rated prime-time show, and tells the story of her life when she was ten. *Kid 'n' Play* (NBC) and *Bill and Ted's Excellent Adventure* (CBS) are two cartoons inspired by recent movies. *New Kids on the Block* (ABC) is an animated and live-action production that shows the hit musical group helping kids with problems. *Captain Planet and the Planeteers* (TNT) is the first animated show to feature an antipollution SWAT team. *Tiny Toon Adventures* (independent stations) is Steven Spielberg's bid to create a new generation of Warner Bros. animated characters.

A media junkie, Ron Givens is a senior writer at Entertainment Weekly.

Photos, from top: Warner Bros., Nelvana & The Geffen Co.



Log Cabin® Syrup

Taste a little maple in every golden drop.

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PARENTS' JOURNAL

UNDERSTANDING KIDS

BY LAWRENCE BALTER, PH.D.

We recently moved, and my eleven-year-old daughter is having a terrible time adjusting. She can't seem to make new friends, and she spends all her time in her room writing letters to old friends. Any suggestions?



Dr. Balter is a practicing psychologist and professor of educational psychology at New York University. He is the author of *Who's In Control?* (Simon and Schuster, 1989). His most recent publication is *Stepping Stones Stories* (Barrons, 1989), a series of illustrated books for children.

Moving is a major disruption for everyone, and a great deal more is involved than merely transporting belongings from one place to another. As your daughter's situation shows, emotional ties are broken as well. While small children do well once they overcome their fears of being left behind and become accustomed to their new physical surroundings, preteens often face a more difficult adjustment period. Children at this age have very strong attachments to "best friends" and to their peer group. You can help by letting your daughter know that you understand how bereft she feels and by encouraging her often to express that sense of loss so she doesn't withdraw. Confide in her about your own misgivings about leaving your friends. Frankly, it's a good idea to keep in touch with old friends; it can make the transition easier. And who knows? She may maintain these friends for a lifetime.

Don't hesitate to contact an adviser at your daughter's new school for additional suggestions. If someone other than you invites your daughter to participate in some extracurricular activity, she may jump at the chance. At the same time, encourage her to join a community-service group of some kind. Helping others in need can bring a sense of purpose into the life of a person who feels adrift and disconnected. Similarly, any physical activity—skating, swimming, running—can help counteract feelings of depression. If you don't see a gradual improvement in your daughter's mood and social life within a couple of months, psychological counseling may be warranted.



PEDIATRIC HEALTHLINE

■ My six-year-old son has chronic constipation, and he's taking mineral oil for it. Is this harmful?

In children over two with no underlying problems, mineral oil has long been a mainstay of therapy for this common condition. It acts as a nonstimulant lubricant, which aids in the passage of soft stools. Mineral oil does not induce dependency and may be safely given for long periods. Concerns have been raised about loss of fat-soluble vitamins, but this has not been a significant problem; to be sure, do not give mineral oil at mealtime. —*David Bailey, M.D.*

■ My twelve-week-old has thrush in her mouth, and the pediatrician prescribed nystatin. What exactly is thrush?

Thrush is a minor and very common infection caused by a type of yeast normally present in the mouth. Thrush is usually seen in young, healthy infants and in infants and toddlers who are taking antibiotics (which may upset the balance of the bacteria in the saliva). The infection is not the result of poor hygiene. The spores of the yeast are found everywhere and grow well in warm, moist places. With thrush, the yeast builds up into little white spots on the tongue, gums and insides of cheeks. The same yeast may grow in the diaper area, causing red spots and patches. Neither of these will harm a normal baby, but they can be irritating; and thrush can cause a decrease in appetite. —*Lewis Wasserman, M.D.*



ASK THE DOCTOR

Got a question about your child's health? Ask the doctors at the Pediatric Healthline at the Arnold Palmer Hospital for Children and Women, in Orlando, Florida. Call 800-727-9434 any Tuesday between six P.M. and nine P.M. Eastern time.

Photo, bottom: Superstock.


"I'm throwing a party."
fetti™ Cake
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FAMILY PORTRAIT
continued

But the Barrys cope by taking things in stride, even to the point of making jokes about the chemotherapy process. "I don't want to make light of it," Dave starts, "but you know the way we laugh about leeches? People a hundred years from now are going to say, 'Look, here's a photograph; they're putting really powerful poisons into this person's body. I'm not kidding.' "

Robby's reaction to his mother's illness has been equally understated. "Children are incredibly more resilient than we are," says Dave. "The major traumas we've had, like moving, have done zero to Robby. With cancer, it was, 'Okay, Mom has cancer, we're only terrified, is she going to die?' No. 'Okay, she has to have chemotherapy, but is she going to be okay?' Yes. 'Okay, fine.' Kids don't go around worrying about things they can't do anything about—unlike grown-ups."

Robby is a laid-back ten-year-old with a single lock of blond hair dangling between his shoulder blades to accent an otherwise normal haircut (of which Dave wrote, "My son went to the mall with my wife, whom I will never fully trust again, and came home looking like Sid Vicious").

"He used to say he wanted to be a dinosaur scientist when he grew up," Dave says. "Now I don't think he has any immediate plans to grow up."

"He never would have said 'dinosaur scientist,' " Beth corrects. "He would have said 'paleontologist.' But he's been a lawyer since he was two, finding all the loopholes."

As a case in point, Robby starts a long explanation about why he has misplaced his spelling book. Dave cuts him off and asks, "When is the test?"

"Friday, so what I was going to do today, I can do tomorrow."

"Good. If you don't get your spelling words tomorrow, I'll have to kill you, okay? Mom will make me."

Beth and Dave have tried hard to keep their son from being known as "the kid in the column," but since Dave writes primarily about family life, Robby creeps into stories about Little League, soccer, family vacations, school projects and other pastimes. Even his October birthday was immortalized in *Dave Barry Slept Here*—for the sake of simplification, Dave assigned that particular date to every major event in American history, even July 4.

Marriage also figures heavily in Dave's works. Aside from separate bathrooms, the key to happy family life, in his view, is that "the man h to learn that women can only wat one television show at a time, and m can watch upward of thirty shows ea ly, no problem."

Beyond that, he admits, "the mo aggressively fifty-percent-male-sha ing-of-responsibility families I kn are actually about ten-ninety. So we like that."

"We have a pretty traditional ma riage," Beth concurs. But when th first moved to Miami and both work full-time, "Dave offered to cut bac she says; she cut back instead. Be works downtown at the *Herald* offic two days a week, while Dave works a room adjoining the garage at the e of a long backyard. "Beth likes it b cause I'm home a lot and I can pi Robby up—and I like it, too."

Working at home is also conduci to Dave's sometimes sociopathic tu of mind. "I'll announce to Beth a Robby that today we're going to see the dogs will eat canned snails," explains. " 'Okay,' they say, and we it. It took Robby years to figure o that I do *anything* for a living, becau most of the time he sees me I'm pla ing guitar or playing [the comput game] Flight Simulator or throwing rock at a squirrel.

"How long does it take me to typ





Clever new

GENERAL FOODS USA

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typing lessons, I could get that done in five minutes—*if I had the ls!* So I spend the rest of the time thinking . . . uh, maybe I should the supermarket and look at ce- brands, because, who knows, they might be funny. Or I think I'll go mart and wander around. And s what I do. That's my life. It's etic.

here are people out there with missions, people who know what re doing. And I don't. I'm walking nd K mart."

ıd thereby completing *his* real ion, of course—which is to make est of us laugh. ■

AVE BARRY SAMPLER

N MIDDLE AGE

it's finally happening. I'm talking about ng-predicted Aging Process. I see many of it in my own life. For example, I have ıe tremendously concerned about my There was a time when I could go for es without thinking about my gums, but ly they have come to loom far larger in my than the Greenhouse Effect.

o, young people I meet keep using the "mister," causing me to whirl around and look behind me, expecting to see somebody with whom I associate this title, such as the Pope or Walter Cronkite, only to realize that these young people are actually referring to *me*.

Also, if I attempt to throw a softball without carefully warming up, I have to wait until approximately the next presidential administration before I can attempt to do this again.

Also, I find myself asking my son, in a solemn parental voice, the same profoundly stupid old-fogey questions that my parents used to ask me, such as, "Do you want to poke somebody's *eye* out?"

Also—this is the most terrifying of all—I sometimes catch myself humming along to elevator music.

Of course I'm not alone. Growing older is a Major Lifestyle Trend, potentially even bigger than cable television.

Yes. Say it out loud, Boomers: We are *middle-aged*. The time has come for us to stop identifying with Wally and the Beav; we are now a *lot* closer to Ward and June. *Somebody* has to be the grown-ups, and now it's our turn.

The problem is, I'm not sure we're ready. I've been hanging around people roughly my own age for the bulk of my life, and I frankly do not feel that, as a group, we have acquired the

■ MR. RESPONSIBILITY

I am particularly outraged by the charge that guys never help out around the house. I happen to be a guy, and often, when my wife goes away, I assume Total Responsibility for the household, and my wife has such confidence in me that she will often wait for an entire half hour before she calls:

MY WIFE: Is everything okay?
ME: Fine!
MY WIFE: Is Robert okay?
ME: Robert?
MY WIFE: Our child.
ME: Robert is here?

My wife likes to give me these helpful reminders because once she went away for several days, and when she got home, she determined that all Robert had eaten the entire time was chocolate Easter-bunny heads. Other than that, I am very strong in the homemaking department, the kind of guy who, if he gets Cheez Whiz on the sofa, will squirt some Windex on it without even having to be told.

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ways to disguise nutrition.

ve the taste of new Berry Blend TANG FRUIT BOX® so much, they never suspect there's nutrition hidden nside. While it isn't a substitute for a balanced diet, Tang is the only drink box with all-natural flavors, a full 's supply of Vitamin C and four other essential vitamins.* And Tang has no preservatives or artificial colors.

Tang Fruit Box® Nutrition in disguise.™

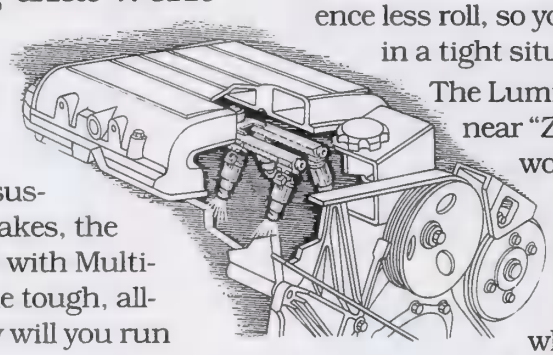
BRAND JUICE BEVERAGE

Lumina Sedan. It's designed to steer clear of trouble.

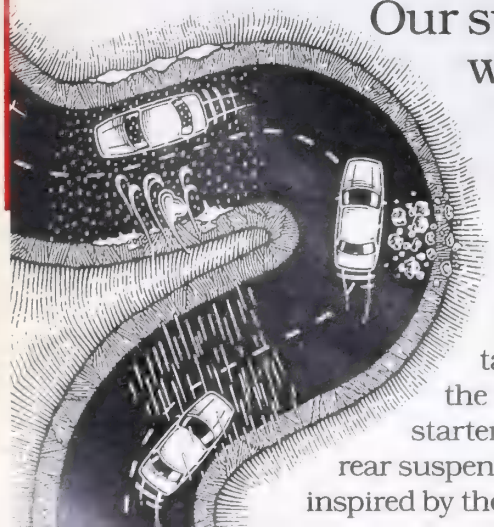
Granted, most of us will never need to understand the science behind near Zero Scrub Radii, drag coefficients, heat dissipation in braking, or, for that matter, modern day algebra. But everyone can understand the benefits of a car designed to help them respond to trouble on the road.

So, we'd like to explain in some detail some very technical reasons why you should choose the Lumina Sedan to be your next family car. Because when you put all those benefits together, they help make the Lumina Sedan one of the most innovative and responsive Chevrolet automobiles ever.

The engineering that went into the engine.



Can you see the safety aspects of an engine? Our engineers can. By taking into account the weight of the car, suspension geometry, tires and brakes, the Lumina's available 3.1 Liter V6 with Multi-Port Fuel Injection becomes one tough, all-around performer. So, not only will you run your family around the city efficiently,* you can merge into highway traffic swiftly and have enough reserve power to pass slower moving vehicles.

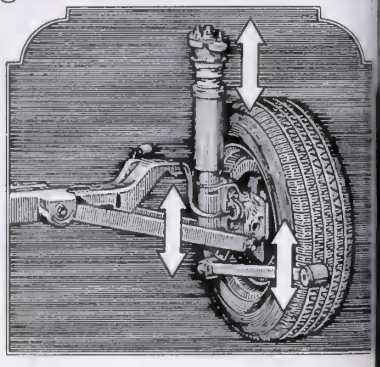


Our suspension won't keep you in suspense.

You'll appreciate Lumina's suspension most when the road takes a turn for the unexpected. For starters, the Lumina's rear suspension design was inspired by the Corvette. Its leaf spring is made of fiberglass, not steel. And instead of one steel spring per wheel, as in many cars, one fiberglass rear leaf spring is all that's needed in the Lumina. And with its advanced suspension, your Lumina is designed to help you recover quickly should you have to swerve to avoid something in the road.

Here's how. In a swerve, when you turn the wheel hard to the left, the right side of your car will push down. Straighten the wheel, and as the right side comes up, the left side will go down. This is called roll. But thanks to the tuning of Lumina's fiberglass rear leaf spring suspension, you'll experience less roll, so your car will respond more quickly in a tight situation.

The Lumina's front suspension also boasts near "Zero Scrub Radii." Unfortunately, it would take pages to explain it. So suffice it to say that in some cars when you drive through a puddle at 35 miles an hour your car will slow down and your steering wheel will pull. To lessen this, the Lumina was designed with near Zero Scrub Radii which reduces the sensitivity of your front wheels to changes in the road to help you stay in control without having to overcompensate at the steering wheel. A very helpful feature.

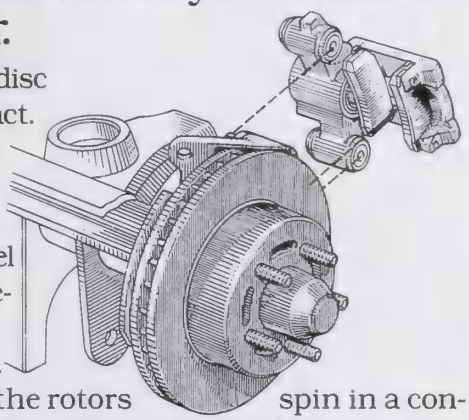


We'd like to clear the air about aerodynamics.

Admittedly, the technical aspects of aerodynamics, such as crosswind stability and drag coefficients, are less than thrilling. We'd much

describe for you how the Lumina's
ynamics can contribute to your safety. For
nce, Lumina's smooth shape allows for a low
coefficient of 0.34 which contributes to
ssive fuel economy* and acceleration when
ng or merging. But those aren't the only
ds of smooth aerodynamics.
elieve it or not, the Lumina is not only
namic when the wind is rushing over the
end, it's aerodynamic when the wind is com-
you from the side. And you'll appreciate that
y windy days or when you get caught in the
of a passing semi on the interstate.

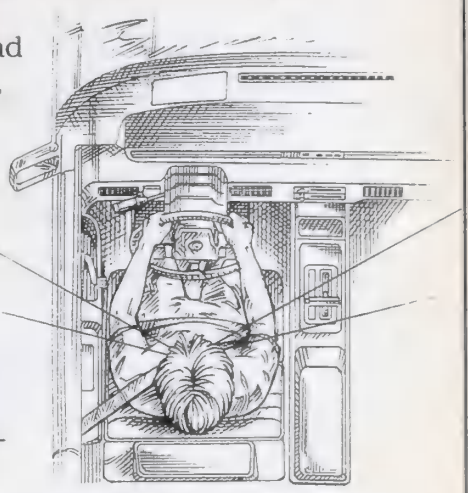
Here's the brake you've been king for.



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s because the rotors spin in a con-
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akes stay, the more efficiently they work.
ou could buy a Ford Taurus and not get
standard. Or you can buy a Lumina and get
ard 4-wheel disc brakes. The choice is yours.

Know what you're getting into.

nnovation isn't limited to exterior features of
umina Sedan. Here are just two examples of
thoughtful interior design that may not be
nt at first glance.
otice all the glass. The windows seem deep
ide, don't they? While providing a very com-
le feeling of expansive-
this also serves a very practical function: better visibility. And while all that glass helps eliminate blind spots, standard tinted windows all the way around can cut down on glare, too.



Next, look at all the buttons, knobs and controls on the dash. Notice how logical their placement, how easy they are to reach. A simple thing, true, but consider its importance and what can happen in that split second when your eyes leave the road and search for a button.

Now we hope we didn't bore you with all these explanations, but we thought the more you knew about the Lumina Sedan before getting into it, the more you and your family would be able to get out of it.

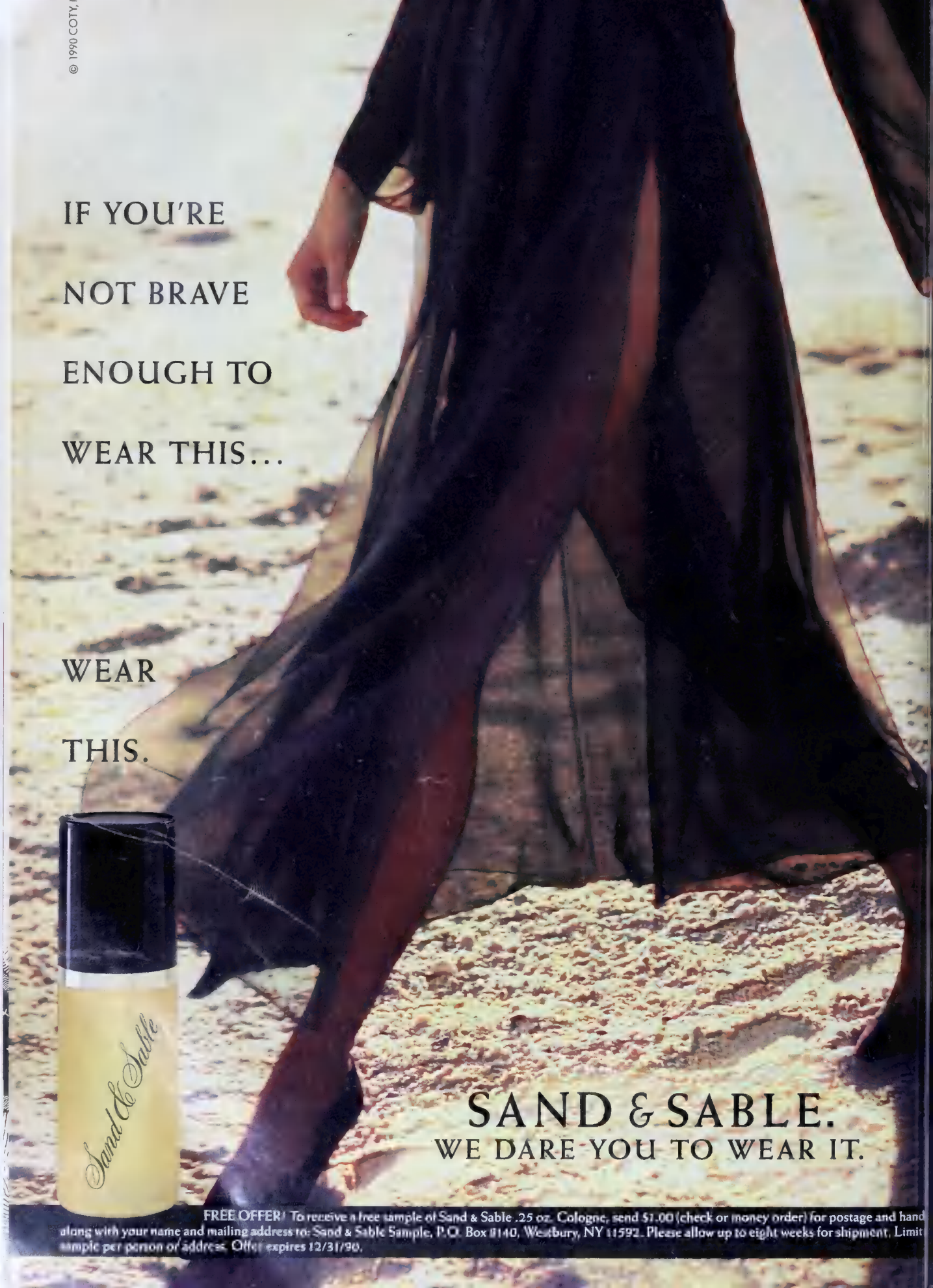
To find out even more, come in and test drive a Lumina for yourself or, better yet, ask a friend who's driving one. Either way, you're sure to see why, with Lumina, more people are winning with The Heartbeat of America.

MORE PEOPLE ARE WINNING WITH THE Heartbeat OF AMERICA TODAY'S CHEVROLET™

*EPA estimated MPG city 19/highway 30 with optional 4-speed automatic transmission. Chevrolet, the Chevrolet emblem, Lumina and Corvette are registered trademarks of the GM Corp. ©1990 GM Corp. All Rights Reserved. Let's get it together...buckle up. GM



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Jessica

by Connie Walser Derek



hown smaller than
ctual size of 19" tall

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Two minutes ago this was in a box on a shelf.



It's true. That's how long it takes to prepare a new Top Shelf® entree like this. You simply take the tray out of its box and microwave it for two minutes.

You don't have to boil, mix or add anything. It's complete.

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It's hard to believe. So maybe you should find one on your grocer's shelf in the new microwave entree section, take it home and see for yourself.

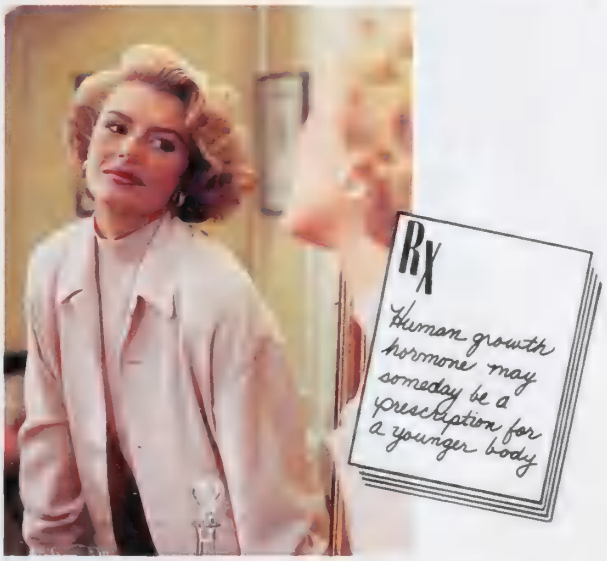
Hormel



It leaves frozen entrees cold.

© Geo. A. Hormel & Co. 1988

THE DRUG OF THE DECADE?



For one day this past summer, Milwaukee was the focus of all eyes—or at least, of those with crow's-feet. That's where a team of researchers, led by Daniel Rudman, M.D., of the Medical College of Wisconsin and the Veterans Affairs Medical Center, in Milwaukee, reported that injections of human growth hormone (HGH) could actually make the human body more youthful. In fact, said the doctors, routine injections of HGH, which occurs naturally in the body, had actually *reversed* a major part of the aging process in a trial group of elderly men. Suddenly, doctors were besieged with calls from excited patients.

However, the news might be too good to be true. Just twenty-one men (no women) participated in the experiment. Twelve received a synthetic version of HGH for only six months. But virtually nothing is known about its possible long-term side effects. Approved by the Food and Drug Administration (FDA) only as a treatment for certain kinds of dwarfism in children, synthetic HGH has been on the market for just five years. Says Rudman, "We need at least two to three more years of study on many hundreds of patients" to better understand what HGH does. Its price is also prohibitive—it costs $14,000 a year to administer, by injection.

Even so, the study intrigued many experts. Normally, as we age, we lose lean body tissue and muscle and gain fat. In the HGH trial, the opposite happened—the lean body tissue of the elderly men tested increased nearly 9 percent, while their fat tissue decreased 14 percent. Doctors believe the results in the female body would be similar.

Just how does HGH work? When produced naturally by the pituitary gland, the hormone promotes the growth of body tissue—including *(continued)*

THE WOMAN IN THE MEN'S ROOM

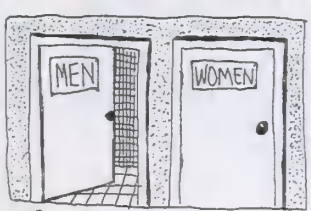


What woman hasn't been tempted to sneak into an empty men's room when the ladies' room line is agonizingly long? Denise Wells, thirty-three, did so not long ago at a Houston country-music concert—and was slapped with a $200 fine for violating a city ordinance that bars folks of one sex from using facilities meant for the other. Wells isn't, um, going to take this sitting down; she plans to fight the fine in court next month. Women nationwide are cheering her on. "If we make enough noise, maybe it will force some changes," says Wells (left).—BONNIE GANGELHOFF

THE LHJ '90s NETWORK Would you use the men's room if the women's room line was too long?

A) Yes; it's unfair that men have more public toilets
B) Yes; anyone should be able to use either rest room
C) No; rest rooms should be kept separate
D) No; I'd be too embarrassed

Call 900-370-5626 by October 15 to vote. The first minute costs you seventy-five cents; each minute thereafter costs fifty cents. Use a touch-tone phone.



Separate, but equal?

(continued) bones, muscles, skin and other organs—by stimulating protein production within our cells and by inhibiting the production of fat. With age, the body's secretion of HGH declines, and lean tissues and organs shrink. It remains to be seen whether synthetic HGH can actually rejuvenate them.

Still, "this is not a benign drug," warns Selna Kaplan, M.D., Ph.D, a pediatric endocrinologist at the University of California in San Francisco. Possible side effects include diabetes, high blood pressure, arthritis, heart failure and some types of cancer. Excess amounts of HGH can also stimulate abnormal bone growth, enlarging the hands and feet, and making the cheeks, nose and forehead more prominent.

Eli Lilly and Genentech, the drug's manufacturers, have restricted distribution to authorized pediatricians and hospitals. Meanwhile, FDA-approved clinical trials of HGH on the elderly, including women with osteoporosis, are under way. The outcomes of these experiments are at least three years away.

But while we wait, there is a cheaper way to boost muscles and trim fat. Says Gordon Cutler, an endocrinologist at the National Institutes of Health, "All it takes is regular exercise." —LESLIE VREELAND

GETTING IN STEP

First, fitness seekers trotted on treadmills for a change of pace. Next, stair-climbing machines allowed exercisers to do at the gym what they avoided elsewhere. Now there's a new craze among the sweat set: trudging on and off small plastic platforms to music.



STEP REEBOK TRAINERS TEACH THEIR FANCY FOOTWORK TO OTHER FITNESS INSTRUCTORS

If that sounds a trifle boring, well, some find it so. Still, "step training" has taken off like a sprinter at health clubs in this country, Australia and Japan. Aerobics teacher Gin Miller started stepping in her Atlanta classes four years ago, after she was advised that it could strengthen an injured knee. But the fixation really began this year, when companies like Reebok and BenchAerobix trained more and more instructors.



"It's amazingly popular," says Susan Krieger, owner of Gold's Gym in Lancaster, Pennsylvania. "People were lining up a half hour before class to get a bench." What's the attraction? Step training provides the intensity of high-impact aerobics with less stress on the knees, ankles and feet, and works lower-body muscles—especially the thighs and buttocks. Simultaneous arm movements, with or without hand-weights, complete your exercise program.

Home versions of the benches, from four to twelve inches high, are now available, priced from $49.95 to $104.95. Just put on some music and step up with one foot, then the other; then step back down. Don't flex knees past ninety degrees. And remember: when this workout fad fades, at least the equipment won't take up as much room as your abandoned exercycle. —MARIANNE WAIT

STRONGWOMAN CONNIE WILLIAMS, FOUNDER OF BENCHAEROBIX, GETS A STEP AHEAD

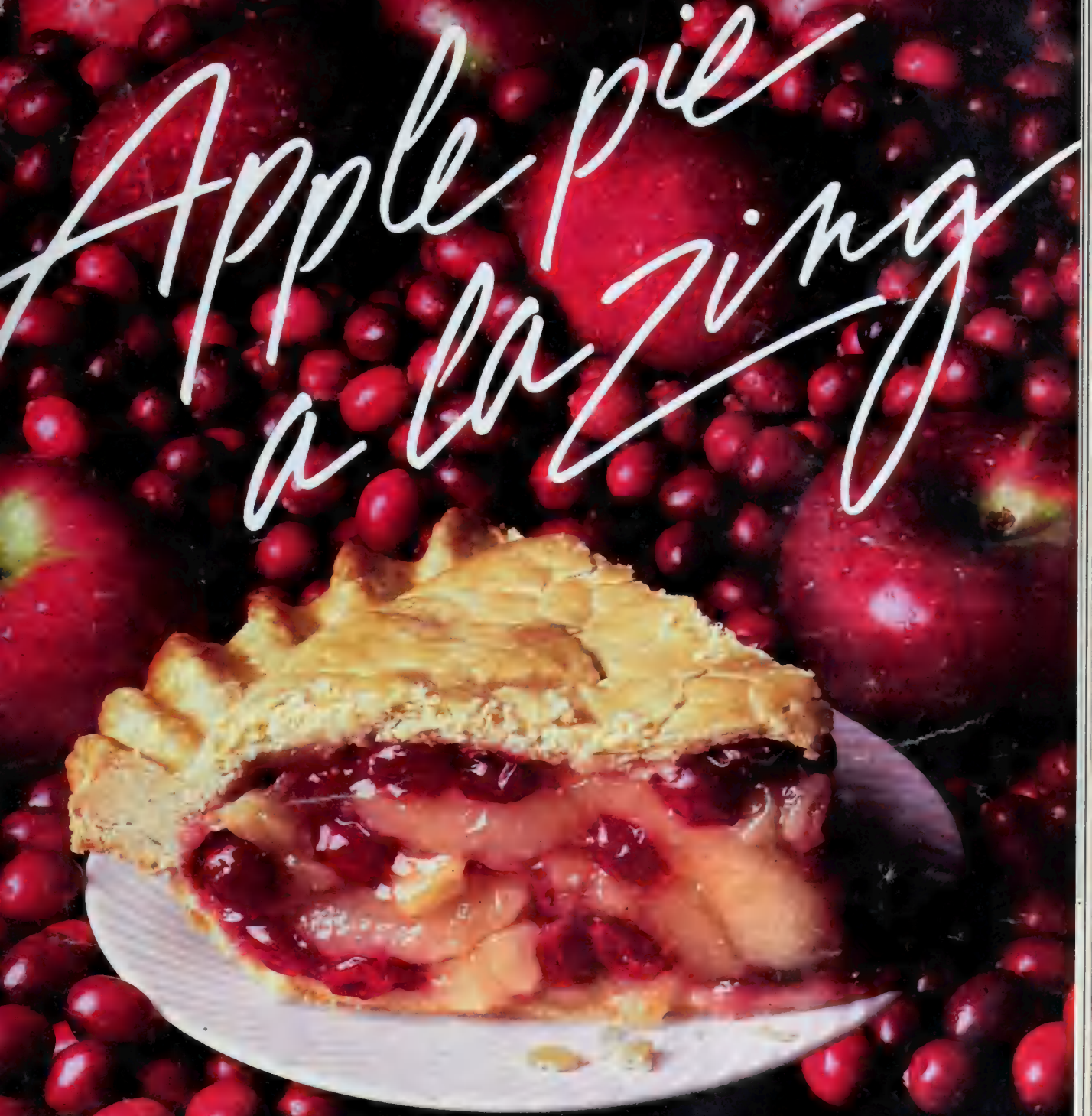
LOOK WHO'S TALKING

"I am too mature to keep on being a sex symbol."—Robert Redford

"I'm on the road a lot, which is probably a contradiction, because I'm probably making more air pollution in my traveling."—Sue Merrow, on her new job as president of the Sierra Club

"It is hard to know when not to smile."—Queen Elizabeth, the Queen Mother, who turned ninety this past summer

Apple pie a la zing



e a lively, tangy taste into that first apple pie of season. With Ocean Spray® fresh cranberries. ey're just harvested and ready to add a refresh- urst of flavor to all your favorite fall recipes. nake an apple cranberry pie with your own apple pie recipe, use a ratio of two cups apples to one cup cranberries. Or simply follow the recipe on the right. For more FREE Ocean Fresh Cranberries recipes write to: FRESH, x 9133, Marshfield, MA 02050.

n Spray Cranberries, Inc.

APPLE CRANBERRY PIE

Pastry for 9 inch two crust pie
¾ cup brown sugar
¼ cup sugar
⅓ cup all-purpose flour
1 teaspoon cinnamon
4 cups pared, sliced, tart apples
2 cups OCEAN SPRAY® fresh or frozen cranberries (whole or chopped)
2 tablespoons butter or margarine

Preheat oven to 425°F. In large bowl, combine sugars, flour and cinnamon. Add fruit. Mix well. Turn into pastry-lined pan. Dot with butter. Cover and cut slits in top crust. Seal edges. Bake 40 minutes or until golden brown.

BUY TWO. FREEZE ONE.



Ocean spray

BAKE IT BETTER WITH CRANBERRIES.

THRILLER-CHILLERS



AUDIENCES STILL SCREAM ALONG WITH JANET LEIGH DURING THAT HORRIFYING SHOWER SCENE IN *PSYCHO*

Nobody who has ever seen it can forget *Psycho*—however she may try. Alfred Hitchcock's classic shocker turns thirty this year, and it's as terrifying now as it was in 1960. The movie offers one of the most famous and frightening scenes on film: the stabbing of a young woman in a motel shower. Says Janet Leigh, who played that victim, "To this day, I don't like to take showers. I *really* don't." Villain Anthony Perkins calls Norman Bates "the Hamlet of horror roles." This November, he'll star in the Showtime movie *Psycho IV: The Beginning*, about Norman's childhood.

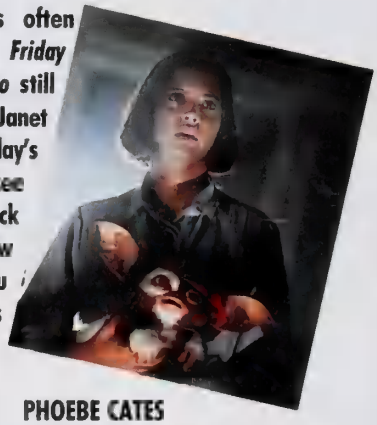
Increasingly fear is fashionable. Halloween is now the second most popular party night after New Year's Eve, according to researchers at Hallmark cards. And yearlong, there's a boo's who of scary hit films.

Why do we thrill to chills? Because, say the experts, the make-believe mayhem convinces us we're mastering our *real* fears. Says Diane Barth, M.S.W., C.S.W., a New York psychotherapist, "Horror movies are about things that are scary but not as scary as real-life concerns, like nuclear war or our own mortality. We know that it's just a movie, so we feel soothed and distracted from our deeper fears."

Besides, for many of us, the lurid is often alluring. "We all have a lot of things that we are afraid of that we are also fascinated by," says Jerilyn Ross, M.A., president of the Anxiety Disorders Association of America.

Today, audiences often roar for gore like *Friday the 13th*. But *Psycho* still terrifies because, as Janet Leigh says, "In today's horror movies you see it, and with Hitchcock you *thought* you saw it. What you think you see in your mind is mega, mega powerful compared to having it all lain out and shown."

—NADIA ZONIS



PHOEBE CATES FACES FEARS OF A FURRY KIND IN *GREMLINS*

MARIETTE'S MEMORIES



Mariette Hartley has long been a sunny presence on our TV screens, from those cute Polaroid commercials she did with James Garner to her stint co-hosting *The Morning Program* on CBS. But beneath that ebullient exterior there's a tragic history. Both her parents were alcoholics, and her father committed suicide. Mariette herself began drinking heavily after her marriage at age nineteen to an abusive man.

But Hartley has overcome all that, as she will reveal this October in her autobiography, *Breaking the Silence* (Putnam). She's now happily married to producer/director Patrick Boyriven; they have two children, Sean, fifteen, and Justine, twelve. And she'll be back on our screens this fall, starring in *WIOU*, a CBS drama about a TV station. *LHJ* asked her about how her life has changed.

● **You're a real survivor. How did you work through your problems?**

I met people who had had exactly the same experiences. It was the beginning of freedom for me, and of the realization that the shame was beginning to heal. Now I go all over the country speaking mostly to women's groups, and the power in those rooms is phenomenal.

● **You're making a career comeback as well. What attracted you to *WIOU*?**

I fell in love with the script. It's an ensemble piece, very sardonic. I play Liz McVay, executive producer of the news. She's a mother and a tough executive.

Who would have thought that at fifty, everything would suddenly start to come together for me?

—MICHAEL BANDLER

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HAPPY MID-LIFE, CHARLIE BROWN!

This October, the Peanuts gang is celebrating a truly momentous occasion. No, it's not the long-awaited arrival of the Great Pumpkin: Charlie Brown, Lucy, Linus, Snoopy and friends are marking their fortieth anniversary together.

Their creator, Charles M. Schulz, is taking the milestone in stride. "I never intended to take this profession up to be a failure," says the sixty-eight-year-old cartoonist, who began the strip for United Feature Syndicate in 1950. "Obviously, though, I had no idea that Snoopy would go to the moon, or that he would be on television and have a one-man show at the Louvre Museum in Paris!"





THE FIRST PEANUTS STRIP APPEARED IN SEVEN U.S. NEWSPAPERS. TODAY'S VERSION (RIGHT) IS FEATURED IN 2,300 PAPERS WORLDWIDE

Nor did he have any idea that the Peanuts troop, led by that lugubrious balloonhead, Charlie Brown, would become a multimillion-dollar marketing bonanza—adorning everything from lunch boxes to bedspreads to children's clothing. Or, that the comic strip would have such worldwide appeal—it's now translated into twenty-six languages, including Chinese and Serbo-Croatian.

Surprisingly, Schulz says he didn't draw much inspiration for the strip from his own five children, who now range in age from thirty-two to forty. But he *did* give Linus his ever-present blanket because his oldest daughter and two sons carried around a pillow and blue blankets when they were preschoolers.

Schulz's children loved the strip so much that they wanted Dad to draw them personal cartoons. "They were always asking for special drawings for themselves," says Schulz, who lives in Santa Rosa, California, with his wife, Jeannie. "They still ask for drawings for their friends every now and then."

Schulz says Peanuts will retire when he does, but he doesn't know when that will be. Meanwhile, he's keeping his story lines fresh; this past summer he briefly introduced Peggy Jean, a love interest for Charlie Brown, and he plans to include an adult character (a Peanuts first) in a TV special early next year on CBS. "Good cartooning is good design," says Schulz. And—good grief!—after four decades, two feature films, and over fourteen thousand strips it's still good fun.

—DEAN LAMANNA

BRIAN'S FILM

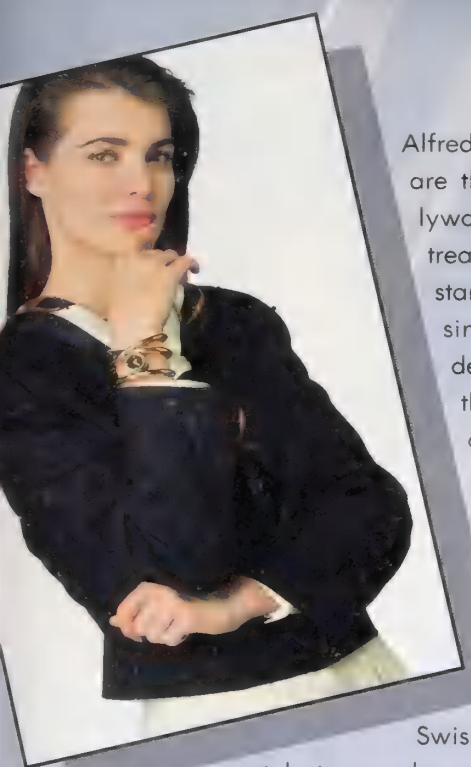


In May 1989, *LHJ* told you the tragic story of Brian Darling, ten, of Vero Beach, Florida, who was killed in a handgun accident at a friend's house. In October, Brian's story, *Gun Play: The Last Day in the Life of Brian Darling*, will be shown on Home Box Office (HBO). Every day in the U.S., a child or teenager is accidentally shot. Brian's parents, John and Darlene, say that they hope the HBO program "will save other lives." The Darlings also made their own video, *Brian's Message*, to promote gun safety. For a copy, send $15 to Brian's Message, Inc., P.O. Box 650886, Vero Beach, FL 32965.

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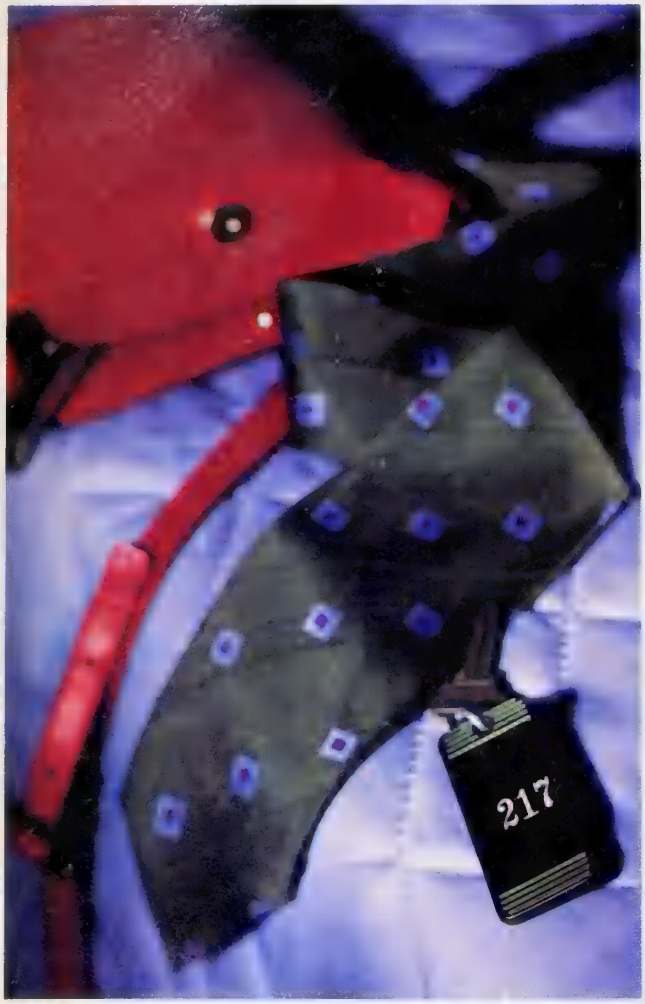
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WHY WOMEN CHEAT

When a married woman has an affair these days, why does she do it? Is it because of opportunity, unhappiness—or unabashed lust? Here, real women talk about the real reasons they strayed.

By Carol Botwin



Another ordinary weekday morning for Michelle Francis*, forty, who lives on New York City's Upper East Side. The tall blond interior decorator drops her little girl off at school and then strolls down Madison Avenue, stopping in a few antiques stores to look for a table for one of her clients. But when her errands are done, Michelle doesn't return home. Instead, she walks to another building and goes up to an apartment where her lover is waiting. He is an antiques dealer, an older European with a charming accent and impeccable manners—in marked contrast to Michelle's husband, a surly stockbroker.

Michelle is one among millions of women leading secret lives in this country, wives who are enjoying the passion and risking the perils of infidelity.

Reliable statistics on the actual number of unfaithful women are hard to obtain—people aren't exactly truthful about infidelity. June Reinisch, Ph.D., director of the Kinsey Institute, in Bloomington, Indiana, and co-author of the latest Kinsey Report on American sexual knowledge and behavior, to be published in October, is conservative. She thinks the rate of female infidelity is 29 percent, only slightly more than the figure published in the original 1948 Kinsey Report. But Anthony P. Thompson, Ph.D., of the Western Australian Institute of Technology, who reviewed studies from various countries in 1983, stated that the rate may be much higher—close to 50 percent.

Why do so many women stray? Explanations are as varied as a cheating spouse's cover stories. Experts say the American search for self-fulfillment makes some women feel justified in having a lover to round out their lives. Some authorities say, too, that the women's movement has made wives more eager to assert an identity independent of their husband's. Annette Lawson, author of *Adultery* (Basic, 1988), blames the glamorous portrayal of affairs in pop culture—lusty song lyrics, explicit movies and steamy soap operas.

Equal-opportunity affairs

And the experts do agree on one key factor that is new about infidelity: opportunity. During the last two decades, women flooded into the work force; now 54 percent of married women work outside the home. These days, experts say, the typical unfaithful wife is often like Michelle. She's in her late thirties or early forties and is finished having kids; she has a career—and she met her lover on the job. (In 1948, she would have been a housewife in her late twenties).

Work can provide women with both the *(continued)*

**Names and identifying details have been changed*


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WHY WOMEN CHEAT
continued

freedom for extramarital affairs—and the playing field on which to pursue them. Earning money makes a woman feel independent, experts say; if she's unsatisfied in her marriage, she might feel that much more disposed toward infidelity. And once she casts her eye about, where will she find a partner? In the office, of course—where there might be frequent late nights and a heady aura of triumph over a shared project.

The lure of such relationships is so strong, in fact, that researchers point to an increase in a subgroup of infidelity—the *non*sexual office affair. Such entanglements can include anything from intense, seductive conversations over secret lunches and drinks to constant fantasizing and stolen kisses. Joan*, a woman in Massachusetts, says she is desperate about a single man she has known for four years. "I think of him all the time—when I wake up in the morning, when I go to sleep at night." Is this adultery? In effect it is; the woman has crossed the line into dangerous secrecy.

But if the location for affairs has changed, the reasons for them haven't, say experts. The majority of wives who take lovers do so to cope with an unhappy marriage. Other motives for infidelity range from low self-esteem to revenge for a husband's own unfaithfulness to a narcissistic need for admiration. Sexual pleasure is rarely a motivation, even for men, says Shirley Zussman, a New York City marriage therapist. In fact, Zussman says, sex may be worse with the lover than with the spouse. "The forbidden fruit may taste delicious," she says, "but guilt keeps you from fully enjoying it."

Overall, extramarital affairs bear little resemblance to the glamorous liaisons depicted in soap operas and best-selling romances. As the following real women's stories show, they can be obsessive and sordid; there are no happy endings. The details of these three cases may shock and even repel you, but they are true—and, sadly, they are all too typical.

"It's his fault"

As Michelle Francis tells it, she was ripe for an affair when she met her lover three years ago. "My husband was always screaming at me or my daughter, and I became more and more angry with him," she says. She met her lover while browsing in an antiques store. At fifty-eight, he is not conventionally handsome, but he is friendly and kind. "We developed a nice rapport, and then, all of a sudd he asked, 'Do you believe in adulte I said, 'Absolutely not.' But he told he owned an antique that I might interested in, so I went up to his apa ment and we started fooling aroun little. Three weeks later, I slept w him." Michelle now sees her lover most every day. "We do a lot of talk as well as having sex," she says. "H easier to be with than my husba But," she muses, "we don't share nancial or child-care problems."

Michelle confesses that she f guilty sometimes, but not oft "When my husband's criticisms be I stop feeling that way."

As she got more involved in the fair, Michelle began refusing to h sex with her husband much of time. "Believe it or not, sex is gr with my husband," she says. "He's best I've ever been with. The rea I'm not having sex with him is the quality of the relationship."

In an attempt to solve their p lems, Michelle and her husband cently entered couples therapy, she hasn't told her husband, or e the therapist, about her infidelity." affair is not the problem," she ins "My husband's temper is."

"Sex was great—for him"

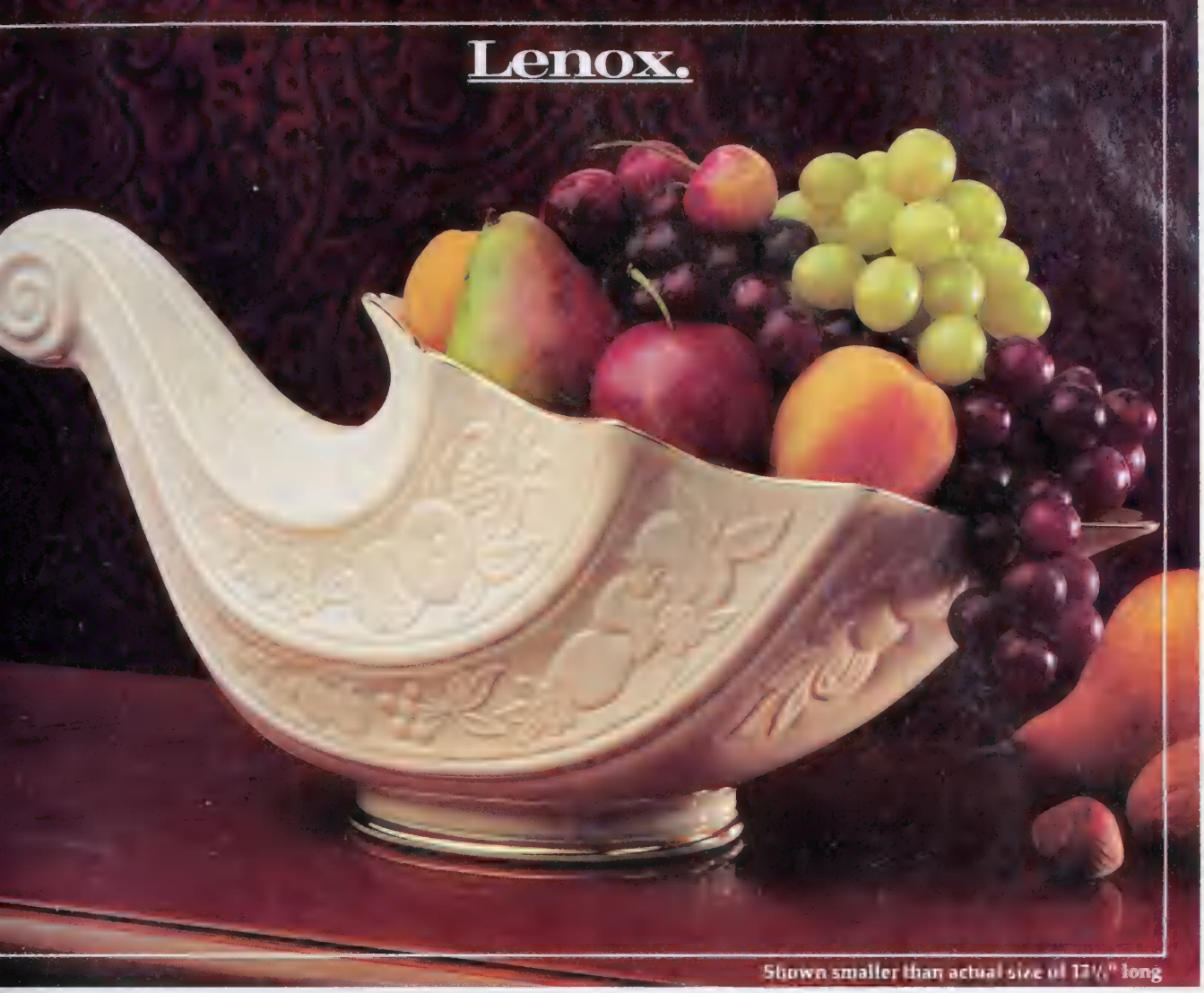
Michelle may yet solve her ma problems. But many women never Grace Long*, forty-eight, let burn ambition propel her into a bad r riage and then through years of happy affairs. A good-looking, art late woman, Grace had grown up p on the outskirts of Cleveland, found a job at a local newspaper. was thrilled to marry David, a executive there.

But even from the first, the riage was unhappy. "David n wanted children, so we didn't kids. I spent most of my time pla the perfect wife: I gave parties, coo good meals. No matter how ha tried, David was very remote and me down. He always drank a lot."

Grace tried to improve her sex with her husband. "He took my l and threw it off. I said to my 'That's it, I'm not trying anymore.

"Then, after eight years, Jim into my life. He was gorgeous— well dressed, a great smile. He after all of his wife's friends, and I one of them. We started ha lunches. He would put his hand o leg under the table. I put his hand where it belonged, but then I beg think, Maybe I want to try this. W he suggested going to a hotel, I ag

"The sex was great for him. It w that good for me. But I became thralled. We started *(contir*



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(continued) doing nooners a couple of times a week at various motels. At first I felt overwhelmingly guilty. But it was also fun. So I started justifying the affair by telling myself I was still a very good wife.

"Then, about eight months after the affair started, I found out I was second in Jim's stable. I cried all the time. Jim left his wife, married the other girl and moved out West."

Eventually, Grace's husband lost a series of jobs because of his drinking—and Grace began a series of affairs. One of them was with a coworker named Gene. "Once we made love in the office on his couch," Grace remembers. "At five-fifteen we locked the door and did it with half the office still there."

But Grace let obsession get in the way. "I began to fantasize that he would leave his wife. Any woman who came into his office drove me crazy. One day he said, 'I think we have to end this.' "

Again Grace was devastated, but she nonetheless had several more affairs, never resolving the problems with her husband. Only the death of Grace's husband ended this vicious circle. She says she stayed with her husband so long "because he needed me," but adds, "I have learned more now about what makes me happy." She has resumed dating, with a new perspective. "I would never get involved in an obsessive affair again. I'm looking for someone I can talk to, someone who can pay attention to my needs as well as his own."

"I wanted animal lovemaking"

Unlike Grace, Diane Greene*, a forty-four-year-old communications executive who lives in Pennsylvania, succeeded in keeping her marriage intact after she had an affair.

When Diane was twenty-nine, her husband decided to go back to school. They moved to a small Midwestern town where Steve became a full-time student while Diane worked as a secretary and took some classes herself.

"He shut me out under the pretense of having to study all the time. I think that year we had sex maybe twice. That fall I decided to take a TV production class. I was the only woman. On the third day of class this guy started a conversation. I felt flattered by the way he looked at me.

"One night he asked me if I would like to go out for a drink. I flirted with him, and when we got back to the car he kissed me. It was the first time I had kissed anybody else in six years. A few nights later, we arranged to meet again. I didn't feel guilty about it; I was starved for sex, and this man was like a gift from God. This time we necked in the car. Two weeks later he suggested we get a hotel room, and I agreed.

"My husband was always very gentle, but what I secretly wanted was some animal lovemaking. It was like that with this man. He would hold my waist so I felt captured. After we had sex that first time, I started to get dressed, but he was ready to make love again."

The affair went on about eight months. Then her lover stopped calling.

"About this time my husband woke up to the fact that we weren't having sex and he was attracted to a lot of other women. We discussed having an open marriage, so I told him about my affair. He was crushed. I was really surprised by his reaction. I felt nothing—absolutely nothing. We had sex right after that, and he was quite rough.

"I decided to move out. Part of me hoped that if I left, my lover would resume the affair with me."

But her lover never returned, and after a few months, Diane says, "I felt healed. I went back to my husband. He was not real happy to see me at first, but we're lazy people. We never talked about my affair again.

"It took ten years, though, before I stopped thinking about that other guy. Today I feel good about being with my husband, but I still miss the excitement I had with that man."

The aftermath

Diane's wistful memories underscore the attraction affairs hold—and their power to destroy a marriage. According to a poll of members of the American Association for Marriage and Family Therapy, 50 percent of their cases in which an affair occurred ended in separation or divorce.

"The deceit you engage in to keep the secret is destructive," says Shirley Zussman. "It's a barrier to intimacy with your husband."

Still, many therapists stand by the conventional wisdom that you should not confess an affair, even if it's over and you want to repair the marriage. For one thing, many men wouldn't be as understanding as Diane's husband. Men are much less willing to tolerate a partner's affair than women are, says Fred Humphrey, Ed.D., a professor of family studies at the University of Connecticut. "In our society there is the feeling that men are going to play around, but men think that their wives will be true to them forever. Men fall apart when their wives have affairs."

But other experts are willing to bend the rules according to circumstances. "Some husbands shouldn't be told because they would be so unforgiving, so angry, so hurt that the relationship wouldn't stand a chance after that," says Zussman. "You have to judge the kind of person you are married to." A woman should not cruelly reveal an affair just to ease her conscience, she cautions. "You can tell your husband in order to address the problems that led you to have the affair in the first place. If you go into therapy together, it should be to deal with the entire marriage, not just the affair."

What about Michelle, who has started therapy with her husband, but is continuing her affair? She is deluding herself about her desire to make her marriage work. Zussman says if you can't reveal the affair, you must stop it if you are serious about reconciliation. "Otherwise, you are fooling yourself."

"I didn't feel guilty about having an affair; I was starved for sex."

Will the number of unfaithful women grow as the large generation of baby boomers cross into the danger-zone age for affairs? There are some indications that it won't. For one thing, fidelity seems to be newly fashionable, due in part to fear of AIDS; the marriage rate is up, divorce is stabilized, and more and more couples are seeking counseling to keep their marriages together. If that doesn't work, says June Reinisch, couples are more likely to opt for divorce than to use an affair to preserve a bad marriage.

But despite all the dangers of infidelity—the loss of trust, the end of a marriage, the emotional damage—there will always be wives willing to take the risk. One woman married for twelve years admitted, "I know it's a dangerous game, but I need to take the chance. The excitement of a new touch is worth everything." ■

Carol Botwin is the author of the books "Men Who Can't Be Faithful" (Warner, 1989) and "Is There Sex After Marriage?" (Pocket Books, 1986).

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KING'S OAK

Christopher Calhoun was too handsome, too rich, too perfect for Diana not to fall in love with him. Too bad her dream became a living nightmare. Read our haunting excerpt from this wonderful new best-selling novel.

By Anne Rivers Siddons







From the moment I met Tish Tolliver Griffin from Macon, Georgia, at freshman orientation I loved her, and I think she loved me.

My background and family and financial status didn't bother her an iota; my all-wrong clothes and hair didn't either. She took me home and made me a part of her rich, raucous, loving clan; she lent me clothes, ironed my hair, bought me pale lipstick, got me dates, and told me the secrets of her sunny heart. Thanks to her, I was happier than I had ever been. And thanks to her, indirectly, I found Chris.

Tish, who was my roommate during the four years we spent at Emory University, in Atlanta, was a psychology major, and always held that I lived and moved in flight from my father.

"It's a classic escape mechanism," Tish said to me one April night during our sophomore year, when we sat on our twin beds rehashing our double date. I had, for a few months, been going out with Chris Calhoun, her boyfriend Charlie's roommate. Both were juniors at Emory Medical School. Tish had been going with Charlie Coulter so long that their wedding, planned for the day after he got his M.D., was as fixed and unremarkable in her firmament and mine as our familiar stars. I had just announced to Tish that I'd gladly marry Chris Calhoun in three seconds flat if he asked me.

"Chris is a jerk, Andy," Tish said. "I've always thought you could do better."

And she had. When Charlie had first brought him around to the Tri Delt house the year before, Tish had taken one look at his open child's face and sweet, three-cornered smile and gone uncharacteristically silent. By the time the evening was nearly over, she was positively arctic in her silence. Chris was outdoing himself with wit and charm, and I was laughing with obvious pleasure and infatuation.

"He's not worth you," she said to me that first night. "He's too pretty. He's too rich. He's like a corrupted elf or something."

I never knew what Chris saw in me. Even then, at what might be called my best, I was small, dark, not at all *(continued)*

From KING'S OAK by Anne Rivers Siddons. Copyright © 1990 by Anne Rivers Siddons, to be published by Harper & Row.



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ANNE BLELL
RING WOMAN

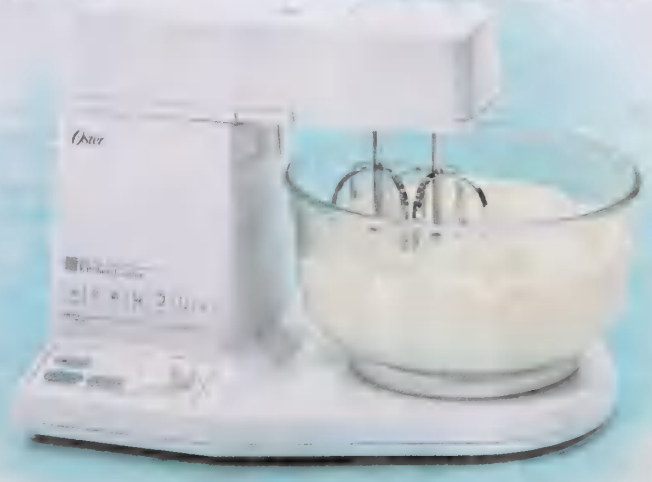
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dressed, and round as an apple to
, and he had long known what my
ily was.
o that night, when Tish accused me
sing Chris to escape from my fa-
, I snapped back, "How do you
w it's not my mother I'm trying to
pe?" and knew in that instant it
true, that it always had been.

h, my mother. My mother, Agnes
Farr Andropoulis, spinner of
dreams and killer of possibilities.
mother was a flower of old Mobile
ety, according to her bedtime sto-
to me, caught in a brutalizing
riage to a Greek god gone, early
inexplicably, to seed.
e was never a Greek god, of course,
my mother needed a god; nothing
would have sufficed for a princess
isguise as a lonely young school-
her in a strange city. By the time I
on the way, she realized that her
was the commonest of clay, and he
ized that his princess was a blight-
nd pious pretender to the throne.
her ever forgave the other, nor
ed in their punishments.
y father was a bull-like man, a
t, roaring black Greek who kept a
ll store in the blue-collar section
tlanta, where we lived, and from
before my birth to the day he
, he drank liquor and embarrassed
mother and me. But I remember
ng him, too.
y the time I reached college I no
er took people home with me, both
use of my father's grotesque prog-
toward total drunkenness and my
her's by-then-refined Blanche Du-
act. I stuck fiercely to my studies
my sorority sisters, aping slavish-
ach tiny detail that struck me as
nal. I became a perfect normal
Os Southern college student.
hat was what drew me to Christo-
, of course, my long love affair
normality and convention. And at
end of my sophomore year he
d me if I would marry him, and I
yes. The first thing he said, after
, was, "Can I for Christ's sake
h you now? I don't think I can wait
her moment."
nd so the lovemaking began. After
first great stabbing pain, I was
gone, swallowed, drowned. I felt
elf vanishing into pure sensation,
ppearing into redness, into him.
ely there was no bottom to this
ss of pleasure; surely oblivion wait-
here.
guess that settles the problem of
ital adjustment," Chris said after-
d, grinning down at me from one

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elbow. I began to cry. He was contrite and tender, held me close, said that he shouldn't have rushed me, shouldn't have been so . . . inventive.

The next night, we went back to his apartment, and we did it again. It was always something exotic and unimagined. And for the length of my life with Chris, I thought that I alone, of any women I knew or would ever know, did things in the night from which, in my heart, I averted my eyes.

After graduation, before I married Chris, I spent the time turning myself into a perfect Buckhead surgeon's wife. In fairness, he did not ask that of me, but neither did he demur when, after three or four visits to his parents', I cut my offensively exuberant Greek hair and dieted my solid bottom into size-eight linen from the Wood Valley Shop.

I don't know why I did not see what was happening; but see it I did, one summer evening. We sat on the club terrace, having drinks before dinner with Chris's parents, when a couple of their friends stopped by our table.

"This is Diana, or Andy, Andropoulis, Chris's adorable bride-to-be," Sally Calhoun said. "From Greece, her father is. The Rawsons, Andy."

"Oh, we're just back from there," Adelaide Rawson bubbled. "Are you an exchange student?"

"No, I was born here. And my father is—"

"In the mercantile business," Sally Calhoun said smoothly. "Andy is a Tri Delt at Emory."

"Andy's father has a grocery store in Kirkwood," Chris said lazily, squinting amiably at the Rawsons.

"Ah," said Adelaide Rawson, and she arrowed a gleaming smile at Sally Calhoun, and faltered into silence.

I followed her glance. She was looking at Sally, but Sally was looking at Chris. And there was such a murderous and anguished love, such a furious and sucking thing in her eyes that her face might as well have been drawn into a grimace of primal passion. Whatever I felt for Chris, it could never equal this burning thing that his mother felt, nor match the force of her rage at me for capturing him.

Without breathing, I looked at Chris, and saw in his own blue eyes a full and rounded, uncomplicated triumph. And saw, then, his mother seeing it, too, and knew in that moment the reason for my coming marriage. I should have left Chris on the spot but I forgave him and redoubled my efforts to become one of the certified, approved belles of Buckhead. *(continued)*

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KING'S OAK
continued

efore my marriage I was growing gard trying to handle the matter of parents, for the Calhouns had nev- et them. My father solved half of problem by choking to death on it while passed out. I mourned him , if distractedly.

y father did me one last service beyond his grave: He gave my er the cover of mourning in which de from my wedding and its flurry stivities. For she had behaved so quely and affectedly at the lun- n Sally Calhoun had given for her it was apparent even to her that would not be welcome there again. mother had come to lunch swathed a bride herself in trailing flounced ndy, and had trilled and simpered referred to our "bungalow" and "cutting garden" until Sally had ne of her painfully amused smiles into a barely audible titter, and e followed a silvery chorus of bare- udible titters from Sally's guests, even my mother in full spate can a titter from a smile. She left in a and announced that she would r set foot in that trashy woman's e again.

ust tell her I'm in mourning," she "I'll come to your wedding, but not going to any reception at any mont Driving-te-dah-Club."

y mother never held his mother against Chris. He was, and has remained, the one grand achieve- t of my life. Much later, after the ings started, the first thing she was, "What on earth did you do to e him that mad?"

d after that, even when a bone e or a stitch was needed, I stayed Chris. I stayed for every reason women do stay with such mon- sness and thought I was staying, in for love of my mother.

e good, no-nonsense shrink I d that last spring told me, "You're ly sticking it out to show her that as bad as you said he was, and it's his fault and not yours. But do want him to kill Hilary?"

e wouldn't hurt Hilary," I said. loves Hilary. I think she's about at he does love now."

ndy," he said, "he loves you. This at Chris does when he loves."

t I could not understand that, be- e she was what we both had want- desperately for so long, my beau- enchanting Hilary; we tried and through ten long years in bigger bigger beds in bigger and bigger es, while Chris grew thin and re- and I grew brittle and apologetic.



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I went to every new fertility specialist Chris unearthed and had every experimental procedure done to my body that science and Chris could envision.

It was almost nine years before he agreed to a fertility test himself, and when the first one showed low sperm motility, that was the first time he hit me. By the time Hilary was conceived, he had done it three times.

Each time he cried and begged my forgiveness, and said that he was under a great deal of pressure, and I knew that it was true. It was not uncommon for Chris to spend eighteen hours a day at the hospital.

I also knew that he was taking Percodan, amphetamines and sometimes a sedative to bring him down. It was when the sedatives failed, when he had a martini or two before dinner, that the sudden, punishing fury would erupt. I never realized until too late what I had said or done to set him off.

One night I was on the floor before I knew what had happened to me, head ringing, red darkness spinning behind my closed lids.

He was gone before I picked myself up, but when he came back, it was with a huge bouquet of pink roses and such an obviously torn and contrite heart that in another half hour we were making love, and for once it was slow and tender and gentle. He said he thought he might have a small alcohol problem and would give up his evening cocktails—and he did. He made an effort to spend more time with me. That summer Hilary was conceived and the next spring she was born, and from that time until her seventh year his daughter was—besides medicine—the reigning passion in his heart.

When she started kindergarten he began to drift back into his long hours, and then he was back on the uppers and downers, and the martinis soon followed. But he was handling it better this time; he might go after me with his tongue, but he kept his fists to himself.

I think we might have rocked along indefinitely if he had not had three or four patients get into trouble on the table, and finally one died who should not have. There was no formal inquiry, Chris being who he was, but there were private reprimands, and a closing of ranks at the hospital.

When I asked him about it, that was the evening of the first broken bone, a collarbone, that we explained as a fender-bender in my new little BMW. The next one was a wrist, and that, we said, was a tumble over Hilary's puppy, Stinker.

I honestly thought that Chris would soon stop beating me. But *(continued)*


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KING'S OAK

ontinued

ething in me knew that I was go- down for the third time because I e an appointment with a psychia- from a shelter for battered wom- found that I could at least talk him. But I couldn't take action, when he spoke of Hilary.

he doesn't even know anything's ng between us," I said. "She adores father."

he knows," he said. "Believe me. just doesn't let herself *see*."

nd then, one evening in April, s wheeled his Mercedes into the eway and screeched to a stop be- e Stinker was lying, wriggling elf in the gravel, to scratch back. Chris blew the horn and amed at the dog, and when Stinker not move he simply . . . ran over Gunned the car forward and ran his daughter's dog as coldly and essly as if he had been a speed- k. And knew that he did it, and v that I saw, and even worse, hor- , monstrously, knew that she did. were on the front steps sipping so- she and I, and we saw him look at log, and at us, and then run Stink- er. There was a flat thump, and a , anguished scream from my hter, and then nothing. Hilary ped screaming and sat frozen, ng at her father.

e did not make a sound while he ut of the car and came up to us.

ilary, look what you made me do. be now you'll keep your animals f the driveway," he said.

lary was gone and up the stairs, still could not move.

Well, are you going to ask me in, am?" Chris said. He tipped an in- le hat. He smiled.

heard my words. "Get the dog out ere and bury him someplace. And go to the hospital or the office, eplace, because if you come back , the police will be waiting for you. can come back in two days, be- e we'll be gone by then."

e raised his fist and then lowered did not move. I knew it was not I deterred him, but the thought of ry. The daughter whom he so d and had now wounded past his r to heal. Past, perhaps, anyone's. urned and went into the garage came out with a shovel and a tic drop cloth. I went into the e and locked the door behind me. I went upstairs to do what I could hy daughter.

e took a month-to-month lease on a condominium. When Hilary's school ended we spent the days splashing in the pool and the nights watching television. I did not hear from Chris and he did not close our joint bank account, so we could live fairly comfortably in a transient manner.

And then, in mid-August, two things happened: A letter came from a lawyer telling me that Chris was filing for divorce and suing for custody of Hilary; and Hilary found the letter and took an entire bottle of children's Tylenol. The afternoon after I brought her home from the hospital, white and mute and listless, I called an attorney friend and made an appointment to see him the next day. Before the appointment, I ran into Tish Coulter.

She had it out of me in fifteen minutes, her very rumpled-linen presence and plain, caring face loosening vaults and pockets of pain I had thought rusted shut for nearly fifteen years. She canceled the stockbroker's appointment that had brought her two hundred miles from King's Oak and went to see Bill Kimbrough with me, and in another hour had out of him his assurance that the case would never see court, that Chris would be a lucky man if I did not choose to have him jailed for assault, battery and mental cruelty. She took me to lunch and came back to the condo with me and saw Hilary and told her everything was going to be all right because Aunt Tish was going to, by God, make sure that it was, and my damaged and diminished child managed a smile and a subdued thank you. By late afternoon, Tish had my promise to come the next week and at least see King's Oak. We did, and stayed three days, and ate and slept prodigiously, and left again, I with a job in the public-relations department of the local college and a spinning head.

On the Thursday afternoon before Labor Day we rolled into King's Oak, Georgia, for good and all, my child and I, in a secondhand yellow station wagon that was both the last purchase of my old life and the first of my new. I had traded the BMW for it and a good amount of cash, wanting nothing of Buckhead, of that privileged and terrible life, to cause concentric ripples on the smooth, opaque surface ahead of me. When I stopped the car in front of Tish and Charlie's house, hidden away behind its serpentine brick wall, a wood thrush began his crystal spill of song in the secret garden, and suddenly the air around us lightened, and all things seemed possible. ■

Anne Rivers Siddons is the author of the best-seller "Peachtree Road." She lives in Atlanta.



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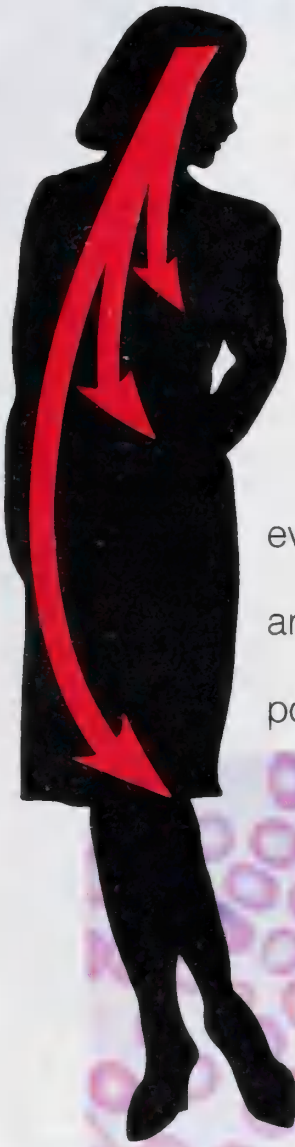
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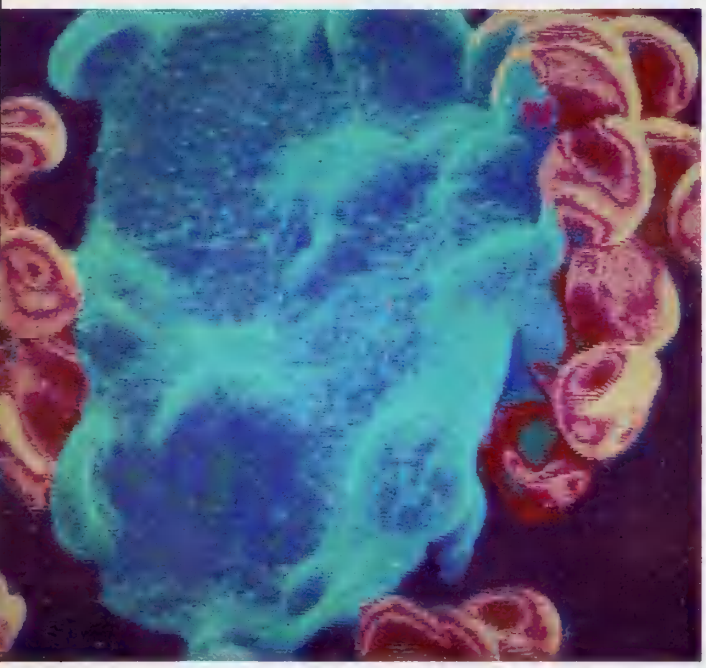
Chemistry, high-tech medicine and the surgeon's scalpel are all tools for healing. But they cannot cure every ailment—or always keep us well. Now researchers are moving beyond medicine to focus on the healing power inside us: the complex yet amazingly well-ordered immune system. New research suggests that the immune system may contain the key to lifelong health and provide critical clues to cures for the common cold, and even AIDS and cancer. Some experts believe immunity is influenced by thoughts and emotions, and more and more research supports that theory. Here, a report on two of the most significant areas of medicine: immunology and the mind/body connection.



HOW YOUR IMMUNE SYSTEM WORKS

What does your body do to protect itself against sickness—and why does it sometimes fail? A guide to the most powerful disease fighter we have, plus tips on how you can boost your immunity right now.

By Joan Lippert



Large cells called macrophages (left) engulf invading germs and then signal white blood cells known as T cells (above) to destroy the infected cell

For centuries healers have scoured the earth and its oceans, looking for foolproof cures. But as they are only now learning, the most effective curative may have been inside us all along. It is the immune system—that vast network of trillions of blood cells, chemicals and organs that, working together, can recognize potentially harmful invaders and destroy them. When our immune systems are strong, we're healthy. But when they falter, bacteria, viruses, parasites, fungi and even cancer cells are free to grow wildly inside our bodies. And once these harmful invaders gain a foothold, they can injure healthy cells; deplete the body's nutrients; inflame, clog or damage vital organs, and even kill us.

In the past ten years, doctors have learned more about this amazing protective shield than they did in the previous hundred. Tragically, what inspired much of the research is the terrifying scourge of AIDS. Caused by a virus that attacks the immune system, AIDS, which has caused an estimated 350,000 deaths worldwide since 1987, leaves its victims defenseless in the face of opportunistic infections that can then strike anywhere, from the skin to the lungs, nervous system or brain. Cancer, too, is teaching scientists crucial lessons. In fact, the immune system now seems to be one of the best defenses against the disease (see "The cancer connection," page 124).

We can expect this explosion of knowledge to continue, as reseachers begin to apply what they've learned to the treatment of everything from AIDS to cancer to the common cold.

How it works

A healthy immune system functions like a relay team, with each successive player further weakening the incoming microbe. First, protein molecules called antibodies immobilize the invader, which is then engulfed by a large cell that's known as a macrophage. The macrophage, in turn, signals white blood cells, known as T cells, that the system has been breached.

The T cells—so called because they mature in the thymus gland, which is located in the chest—then finish off the infected cell either by killing it themselves or stimulating B cells (another type of white blood cell) to produce antibodies to do so. *(continued)*



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(continued) This process is known as antibody-related immunity. (Incredibly, the body contains up to 100 million kinds of antibodies and an equal variety of memory B cells and memory T cells, which provide long-term protection against a second invasion by the same bacteria or virus.)

Scientists are also discovering more and more about another type of immunity—called cell-mediated immunity—which is especially important in helping the body to resist fungi, parasites, viruses, tuberculosis and cancer cells. Cell-mediated immunity turns T cells into killers that attack directly, without the help of antibodies. Using this process to generate even more T cells, researchers are now attempting to battle diseases like cancer, for which the body does not seem to make effective antibodies.

Cell-mediated immunity will almost certainly play a part in any development of an AIDS vaccine, say experts. That's because there are numerous strains of the human immunodeficiency virus (HIV), which causes AIDS by destroying helper T cells. And experts say that antibodies can recognize only a few HIV strains; therefore, scientists hope they will one day be able to create a vaccine that can stimulate T cells to kill *all* HIV-infected cells directly.

What can go wrong

Dramatic examples of what can occur when the immune system breaks down include severe combined immunodeficiency disease (SCID)—a rare genetic disorder marked by a total or partial lack of immunity—and AIDS. Experts say that SCID children rarely survive beyond a year; the life span of AIDS patients varies because the destruction of their immune systems is gradual.

Victims of both diseases are likely to fall prey to other serious viral, bacterial and fungal infections. It is these ailments, not the lack of immunity itself, that are ultimately fatal.

While weakened immunity poses a serious threat to life and health, an *overactive* immune system causes its own problems. Among the most common are the itching, sneezing, dripping and other annoyances that characterize allergies. When antibodies called immunoglobulin E are confronted with allergens—animal dander, pollen or dust, for example—they trigger the release of inflammatory agents, such as histamine. These chemicals produce allergic symptoms by causing capillaries to widen and tissues to swell. This produces itching, tearing and other symptoms.

Still other problems occur when immune system turns against body, leading to the chronic and o deadly disorders called autoimm diseases. Although the cause of th ailments is not known, many resea ers believe that in some cases, a v may "retrain" the body's T cells to tack healthy tissue. Some of the n common autoimmune diseases incl rheumatoid arthritis (RA), a l term, destructive disease of the nective tissue; Crohn's disease, a p ful bowel ailment; and multiple scl sis (MS), a disease marked by loss of the protective sheath covers nerve fibers of the brain spinal cord.

Intriguing new research sugg that some sort of immune-system function may also contribute to s cases of miscarriage.

At Brigham and Women's Hosp in Boston, a team led by Joseph Hill, M.D., assistant professor in department of obstetrics, gyneco and reproductive biology, has fo that about 60 percent of women have repeated miscarriages pro certain antibodies and chemical n sengers that cause the immune sys to attack a growing embryo. Hill pects that these women produce t substances when their immune tems detect the presence of sperm growing placenta; why they do s still a mystery.

Immunity zappers

As scientists' knowledge about the mune system grows, one fact is bec ing very clear: The lifestyle choice make help determine who gets s Some of the most important immun related factors:

■ *Malnutrition.* Severely maln ished people are more likely to dev infectious diseases; some researc say this is largely because both T and antibodies become weaker in absence of adequate nutrition. even mild deficiencies of vitamins C and E, and the minerals iron zinc, leave people open to colds, flu other infections, says Jeffrey B. Bl berg, Ph.D., associate director of U.S. Department of Agriculture's man Nutrition Research Center on ing, at Tufts University, in Boston

■ *Drugs.* Marijuana depresses immune system by hampering T function, according to Charles Kirkpatrick, M.D., staff physicia the National Jewish Center for Im nology and Respiratory Medicine Denver. Other drugs, inclu cocaine, also *(continued on page*

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(continued from page 120) depress immunity, though their precise effects are not yet known.

■ *Other factors.* Chemotherapy, aging and fatigue also weaken immunity. While doctors know that chemotherapy kills many immune-system cells and hinders the action of the survivors, limiting the body's ability to fight off invading germs, they are less certain of the specific effects of aging and fatigue. In general, however, younger people's immune systems are more resilient than older people's, though heredity may help determine the extent of the deterioration. It's also hard to separate the effects of tiredness from those of stress or depression, which often accompanies fatigue, and are proven immunity suppressors in their own right (see "The mind/body link," page 126).

Immunity boosters

As scientists learn more about the factors that hamper immunity, they are also figuring out how to enhance it. A healthful diet is crucial; just as bones need calcium for strength and growth, and eyes require vitamin A for night vision, the immune system puts particular nutrients to especially good use.

A recent study done by the U.S. Department of Agriculture's Human Nutrition Research Center on Aging found that giving healthy adults over age sixty about twenty times the recommended dietary allowance of vitamin E for four weeks markedly increased the vigor of their immune responses. Vitamins C and B_6, beta carotene (which the body uses to produce vitamin A), and the minerals selenium and zinc can also boost immunity, according to Blumberg. (For more on beta carotene, see page 210.) Blumberg cautions, however, that megadoses of vitamins and minerals can have unwanted side effects, so be sure to check with your doctor before taking large amounts of supplements.

Research also suggests that lowering consumption of fat may increase the activity of the powerful natural killer (NK) cells that destroy some infected cells. In a study done at the American Health Foundation and St. Luke's–Roosevelt Hospital Center, in New York City, healthy volunteers were placed on diets in which only about 20 percent of their calories came from fat. After following the diet for three months, the subjects showed dramatic increases in NK-cell activity.

Aerobic exercise also boosts the activity of NK cells, says Thomas B. Tomasi, M.D., Ph.D., director of the Roswell Park Cancer Institute, in Buffalo, New York. As with diet, moderation is the key. That's because extremely strenuous exercise can stress the body unduly, thereby lowering antibody levels and depressing immunity.

Future immunity

Despite what scientists have found, we still have a great deal to learn about the immune system. For example, researchers at the Masonic Medical Research Laboratory, in Utica, New York, are exploring the ability of an immune-system chemical known as interleukin-2 to lower blood pressure.

One of the most exciting areas for future research lies in the field of psychoneuroimmunology—the study of the relationship between the mind and the immune system. Some researchers believe mind and body are inextricably linked; others say they function as relatively separate entities. Resolving the question will not be easy, but in any event, the debate is sure to be one of the most fascinating of the decade. ■

Joan Lippert, a free-lancer based in New York, writes frequently for Ladies' Home Journal.

THE CANCER CONNECTION

There's new hope in the war on cancer, thanks to our growing understanding of the immune system's ability to recognize and destroy malignant cells. "By the year 2000, immune approaches will join surgery, chemotherapy and radiation as a main treatment for cancer," predicts Ronald B. Herberman, M.D., director of the Pittsburgh Cancer Institute.

Today cancer specialists are using a variety of treatments, collectively known as immunotherapy, to boost the body's ability to fight disease. A specific type of immunotherapy is adoptive immunotherapy, which uses white blood cells to kill tumors. In one form of this treatment, doctors remove cancer patients' memory T cells, which have the ability to "remember" the diseases they should fight, and train them to recognize cancer. This is done by exposing the memory T cells to immune-system chemicals, including interferon and interleukins, that are normally produced inside the body, explains Michael E. Osband, M.D., director of the Joint Clinical Immunotherapy Program of the Boston University School of Medicine and New England Baptist Hospital.

The newly strengthened memory T cells are then reinjected into patients, where they fight malignant cells. Although adoptive immunotherapy is still in the early stages of development, some kidney-cancer patients in Osband's study have survived up to three times longer than patients who were not treated with this method.

Other doctors are using similar strategies to boost the actual *number* of immune-system cells. At Montefiore Medical Center, in the Bronx, New York, Peter H. Wiernik, M.D., chairman of the department of oncology, works with natural killer (NK) cells generated in the lab. He has removed NK cells from kidney-cancer patients and treated the cell samples with interleukin-2, which causes immune cells to reproduce. He then reinjects them into the patient, where they proliferate and fight cancer, extending kidney patients' lives for up to four years longer than would be expected without this treatment.

A promising new approach to breast cancer is a procedure called autologous bone-marrow transplant (ABMT); it's already been used in treating leukemia, testicular cancer and lymphoma. In ABMT, doctors use a needle to withdraw marrow, which manufactures all blood cells, from the cancer patient's pelvic bones. They then set the bone marrow aside while the patient receives high-dose chemotherapy to kill cancer cells.

Meanwhile, doctors may treat the bone marrow with substances that boost the number of infection-fighting white blood cells. The treated bone marrow is then returned to the patient, where it can form healthy new cells. ABMT is now being used experimentally to treat breast-cancer patients at the University of Chicago, at Memorial Sloan-Kettering Cancer Center, in New York City, and elsewhere.

Finally, researchers are working to develop vaccinelike treatments, known as theraccines, for cancer. In one promising study, Malcolm S. Mitchell, M.D., professor of medicine and microbiology at the University of Southern California, injected melanoma patients with a formulation that included melanoma-cell fragments and bacteria that stimulate the body to create effective antibodies to fight melanoma. Following treatment, the number of immune-system cells rose substantially in some patients, lengthening survival times an average of five months.

—JOAN LIPPERT



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THE MIND/BODY LINK

For years, many doctors denied any tie between mental and physical health. But now there are growing indications that our thoughts and emotions can sometimes keep us healthy—and even heal us if we are ill.

By Stephen Phillip Policoff



Western physicians are beginning to believe what healers in many cultures have proclaimed for centuries: Emotions have a profound effect on health

Seventeen years ago, Lucia Cappachione felt her life spinning out of control. Her ten-year marriage had ended, her financial situation was shaky, and the Los Angeles graphic artist was left to raise two children alone. "One day," she says, "I simply collapsed."

Weak and exhausted, Lucia, then thirty-five, was diagnosed as suffering from a nonspecific virus and given antibiotics to prevent further infection. Instead, the medication caused additional problems, and she developed a series of infections throughout her body. She went from specialist to specialist, getting still more medication—none of which helped.

Depressed, frightened and barely able to cope, Lucia began to write and draw her feelings in a journal. Soon, she noticed something strange. "When I took medication I felt worse, but every time I got in touch with my emotions through the journal I would feel better," she says.

In a moment of revelation, Lucia threw out all her pills and embarked on a journey of self-healing that included psychotherapy, acupressure and other mind/body treatments.

As her symptoms yielded to the barrage of nondrug treatments, Lucia grew increasingly strong in her conviction that the mind and the immune system are tightly linked.

Seven years later, the underlying cause of Lucia's illness was finally diagnosed—a collagen disorder that caused her body's connective tissue to deteriorate. "That made sense to me," she says. "First my life came unglued emotionally, then physically.

"Our minds help to make us sick," adds Lucia, who is now completely cured. "But we *can* learn to heal ourselves."

A health revolution?

Can our minds really make our bodies sick—or well? That is perhaps the most controversial question in medicine. While people in non-Western societies have believed for centuries that emotions like joy, grief and loneliness have a profound effect on health, it is only recently that American doctors have begun to consider the idea seriously. "Now we know what tribal healers have always known—that there is a unity between brain and body," says Novera H. Spector, Ph.D., a neurophysiologist with the National Institutes of Health, in Bethesda, Maryland.

Indeed, this mind/body link has become big business. Books by best-selling authors Dr. Bernie Siegel and Norman Cousins proclaim *(continued)*

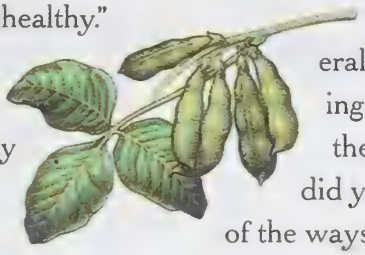
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THE MIND/BODY LINK
continued

that hope and laughter can bring about medical miracles. "The immune system is a mirror to life," claims Cousins, "responding to its joys and anguish."

Like all medical breakthroughs that capture the public's imagination, the notion that the mind can promote physical healing is fraught with controversy. Many experts are especially troubled by what some people infer from that theory: that one's mental state can be the principal *cause* of an illness. They see this as a tendency to blame the victim for his or her flu, heart disease or cancer. "There is no specific evidence to suggest that there is such a thing as a cancer-prone personality; however, freeing yourself from feelings of helplessness *may* enhance your ability to heal," says Harold Benjamin, Ph.D., author of *From Victim to Victor* (Dell, 1987), a book written to help cancer patients and their families. However, Benjamin stresses, there is no such thing as a behavioral magic bullet. "Anyone who says, 'Follow my treatment and you'll be healed' is lying, and anyone who says, 'If you had only laughed or meditated more, you could have gotten well' is ignorant—or vicious."

Amazing findings

To bolster their cause, proponents of mind/body healing cite a growing number of intriguing research studies. At Ohio State University Medical Center, for example, virologist Ronald Glaser, Ph.D., and his wife, psychologist Janice Kiecolt-Glaser, found in a study of sixty-eight people that relatives who cared for Alzheimer's-disease victims had weaker immune systems than control subjects. One indication was the fact that the caregivers had significantly lower percentages of T cells than control subjects did. Preliminary data also suggest the caregivers were also more prone to respiratory ailments.

Other research indicates that the healing process may be enhanced in the face of positive influences. In a fascinating study published in 1989 a Stanford University Medical School eighty-six women who had breast cancer were followed for up to ten years. Those who received both medical treatment *and* psychotherapy survived, on average, twice as long as the women who received medical treatment alone.

Many breast-cancer survivors who have had both behavioral and medical treatment strongly believe in the healing power of the mind. Laura Owens, a forty-year-old actress, was diagnosed with the disease two and a half years ago. Within a month, she began using mind/body strategies along with conventional medical treatment. Owens, who appeared as a cancer support group leader on an episode of *thirtysomething* last season, describes what she learned from a technique known as guided imagery, in which patients form mental pictures of what is going on inside of them. "I stopped viewing cancer cells as a strong army marching through my body," she explains, "and visualized them instead as weak and confused cells being devoured by my sharklike immune system."

A primal telephone line

While researchers differ about how much of an effect the mind has on the body, there is little disagreement that the brain and the immune system—the body's natural defense network against illness, are in steady communication. "There's a constant flow of messages, like a feedback loop, from the brain to the immune system, then back to the brain again," says J. Edwin Blalock, Ph.D., professor of physiology and biophysics at the University of Alabama, in Birmingham.

Although studies are not yet conclusive, some researchers believe that when the body is fighting off illness or infection, a message from the brain activates immune-system chemicals called lymphokines. Some of these enter the brain, affecting such structures as the hypothalamus and the pituitary gland, which help determine how we react to emotions and stress. In response, the brain produces peptides (chemical messengers) that help activate essential immune-system

nts, including T cells and B cells. dditional research has shown that thymus and spleen—key organs of immune system—are rich with ve threads that may prove to be the ing of a sort of primal telephone between the brain and the im- ne system.

What this means for medical prac- is not yet clear, but some scientists eve that learning how to manipu- these biochemical bits of informa- may open up previously unima- ed pathways to healing. "They hold potential to make a great differ- e in the medical and healing profes- s," says Blalock.

long with helping to cure existing esses, these molecular links to our lth may help determine who gets and who doesn't, says Candace t, Ph.D., director of the Integra In- ute, a medical research institute, in mantown, Maryland. Pert and oth- esearchers have shown that differ- emotions actually trigger different of messenger molecules, known as ropeptides, sending a wide variety essages that alter the metabolism ne entire body.

nce many researchers believe that ain emotions—such as hostility— e a direct relationship to increased dence of heart attack and other ill- ses, "this suggests that positive tions can trigger health-enhancing sages to our immune systems, le negative emotions can hamper health the way carrying heavy gage hampers our movements," s James Pennebaker, Ph.D., profes- of psychology at Southern Method- University, in Dallas.

ccording to Pennebaker, who is the author of *Opening Up: The ling Power of Confiding in Others* liam Morrow, 1990), discovering roots of our negative thoughts and ning to cope with them helps to our immune systems from this ght. In collaboration with Janice colt-Glaser and Ronald Glaser, nebaker found that college stu- ts who consistently dealt with their matic experiences by writing in a nal not only showed a stronger im- ne-system response, they also re- ed half as many visits to the uni- ity health center.

ote of caution

pite growing enthusiasm for the tence of a link between the mind the body, many researchers who looking into this issue are more ious than Pennebaker. Stephen el, M.D., a clinical instructor in hiatry at Harvard Medical School, example, found that college stu- s who were socially well adjusted had more aggressive natural killer (NK) cells—the immune-system cells that destroy cancer—while students who were socially isolated and had difficulty adjusting to school had weaker NK cells in their blood.

However, Heisel, who studied blood samples from one hundred eleven healthy students, warns that even these apparent connections between weakened immunity and negative personality traits have not yet been sufficiently documented. As a result, he fears that the healing power of the brain is being oversold. "We must not allow the mind/body link to be distorted into the notion that your behavior cured you, or even worse, that you caused your illness," Heisel warns.

Regaining control

But even if stress-reduction techniques aren't a panacea, say experts, they can enhance your life.

Lucia Cappachione couldn't agree more. As a result of her encounter with mind/body techniques, she returned to school and earned a master's degree and certification as an art therapist. Now she travels around the country, conducting workshops for people who feel helpless in the face of illness, helping them use art as a path to healing. "The *(continued)*

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THE MIND/BODY LINK
continued

technology is running the show," sh says. "We need to balance that with sense of personal control over ou health care. That's what mind/bod techniques taught me—and that what I try to teach others."

SELF-HEALING STRATEGIES

How can you make use of the min body link if you develop a serious i ness? Below, experts offer some tec niques that may aid the healing proce

Don't be passive. Find out how othe have dealt with the disease you hav Join a support group; seek behavior counseling. Most physicians belie taking an active role in pursuit of go health can only enhance treatment.

Learn to relax and guide your thoug Meditation is a medically safe strate that can be effective in helping to duce blood pressure and cure stre related illness. Guided imagery—u ing your imagination to gain a clea picture of what's going on inside yo body—can also be beneficial. Acco ing to David Bresler, Ph.D., co-direc of the Academy for Guided Imagery, Mill Valley, California, "It's a way using your mind to mobilize yo body's healing forces."

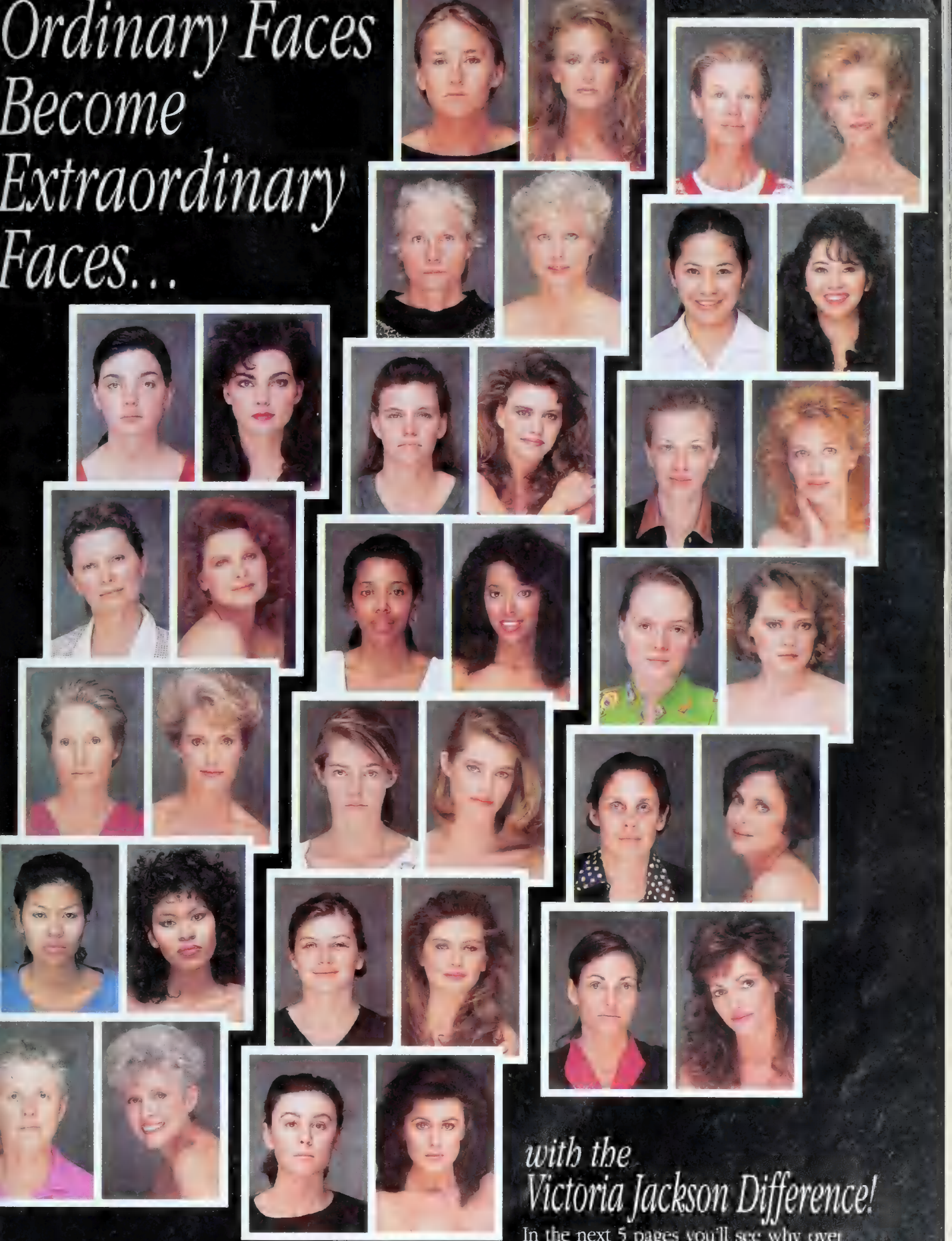
Open up. Expressing your fears in journal, artwork or free-form writi seems to aid in healing. Try writin dialogue between yourself and your ness or drawing a picture of your mune system fighting back. Reme ber, you're not aiming for art or lite ture, but for release from stress.

Laugh. Kathleen Dillon, Ph.D., pro sor of psychology at Western New gland College, in Springfield, Mas chusetts, tested the anecdotal clain Norman Cousins that laughter hances healing. By analyzing sal samples, she found that watching morous videotapes temporarily rai the level of immune-system cells t fight upper-respiratory ailments.

Don't abandon conventional medicine. matter how compelling the evide scientists are only at the threshol this revolution. "If I had a life-thr ening disease and someone said, " have to choose between medical tr ment and behavioral treatment wouldn't hesitate for a second to t the medical treatment," says Ha Benjamin. "Fortunately, no one is ing us to make that choice. Toget medical treatment and behavioral proaches can strengthen each othe

Stephen Phillip Policoff, a writer b in New York City, writes freque about health issues for LHJ.

Ordinary Faces Become Extraordinary Faces...



with the Victoria Jackson Difference!

In the next 5 pages you'll see why over 10,000 women per week are switching to **Victoria Jackson** Cosmetics.

Why are over 10,000 women per week SWITCHING to Victoria Jackson Cosmetics?



Color kit shown in Pink. Peach and Red kits are also available.

Her Pre-Selected Color-Coordinated Kits perfectly coordinate Lip, Eye and Blush colors, so you can't make a mistake.

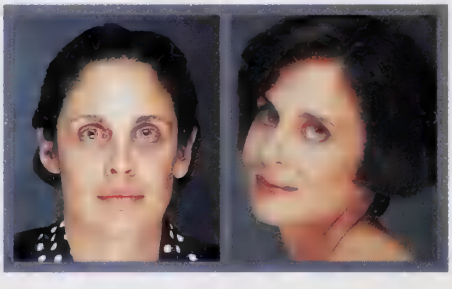
Have you ever felt a bit overwhelmed and intimidated by all of the hundreds of makeup colors you're confronted by in the cosmetic departments of stores? You buy one color from one line, another color from another line …they look great in the store…but when you get them home, they just don't work! You end up with a drawer full of makeup you just can't use! Victoria's Color Kits have changed all of that. She has selected and perfectly coordinated the colors for each of her "Color Kits" that will work on any skin tone. Her selection of colors was not based on what looks pretty in a counter display, but rather, what looks beautiful on a woman's face. And who's better qualified to do just that than one of the world's leading makeup artists who has made up Hollywood's most famous faces for the covers and pages of hundreds of magazines?

For women who normally DON'T WEAR FOUNDATION, Victoria's "No-Makeup" base turns ordinary skin into flawless looking complexions.

For women with UNDER-EYE CIRCLES and other distracting facial problems. RESULTS ARE PHENOMENAL.

Victoria's Makeup and Techniques COVER DIFFICULT SKIN PROBLEMS WITHOUT LOOKING OVERLY MADE UP.









WHO IS VICTORIA JACKSON?

For 13 years Victoria Jackson was one of Hollywood's leading makeup artists. TV Networks and Movie Studios have paid her over $1,000 per day to make their stars look their best. She's made up nearly every major celebrity in Hollywood for the covers and pages of hundreds of magazines. Victoria is famous in Hollywood for her natural "no-makeup" makeup which she has used to create a "naturally beautiful" "no makeup" look. For five years her makeup has only been available to her celebrity clients. Now she is making her entire line available to the public. To do this, she founded Victoria Jackson Cosmetics, Inc., which in its very first month became the fastest growing cosmetic company in history. In a recent interview, Victoria stated, "The 90's woman doesn't want to look like she's wearing a painted mask, she just wants her face to look 'naturally beautiful.'" By grouping her colors into entire kits and selling them directly to the public she is able to offer designer line quality cosmetics at un-heard of low prices.



I Hated Wearing Makeup… So I Didn't!

The only time I would wear makeup was when I was in front of a camera. Then about 5 years ago Victoria made me up for the cover of McCalls. I couldn't believe her foundation. It made my skin look perfect… and yet it didn't feel or look like I was even wearing make-up. Since then, I literally haven't left my home without it.

Ali MacGraw



People Can't Even Tell I'm Wearing Makeup. They Just Think I Have Perfect Skin.

I've been wearing Victoria's foundation for over 5 years. What I love about it is that it blends into the skin so perfectly that people don't even realize I'm wearing make-up. Even in daylight and intense studio lighting makeup artists have told me how lucky I am that I can get by with no make-up. They had no idea.

Kathleen Beller



I Heard About Victoria's Makeup, But I Didn't Believe it Until…

I used it in preparation for the TV program, "Beauty Breakthroughs for the 90's." I was amazed by how little it took to make my complexion look flawless. I'll never go back to anything else!

Lisa Hartman



hat's So Different About Victoria's Makeup?

Her "No Makeup" Makeup and Makeup Techniques let your face look "Naturally Beautiful" WITHOUT looking overly made-up.

HER SHEER FOUNDATION BLENDS NTO YOUR SKIN, INSTEAD OF ; ON TOP OF IT LIKE A MASK...)U DON'T FEEL OR LOOK YOU'RE WEARING MA-

ery light application gives tremen- overage. It's the "discovery of the " for women who normally don't ase but want to look like they have iful complexion. And for women ant maximum coverage, it gives all erage they need, without a notice- ildup of texture... so it doesn't look ike you're wearing a lot of makeup.

2 HER MAKEUP DEPOSITS COLOR WITHOUT A BUILD-UP OF TEXTURE AND HER NATURAL MATTE COLORS ADD A NATURAL, "HEALTHY" COLOR TO YOUR FACE, INSTEAD OF AN "ARTIFICIAL" OR "PAINTED" LOOK.

Usually makeup either competes with or covers up your natural skin tones and replaces your color with its color. Victoria's doesn't. Her natural matte colors blend beautifully into your skin so your natural skin tones show through. And her makeup is so sheer, you are able to deposit color without a noticeable texture... so people see your face... not your makeup.

3 LIP, EYE AND BLUSH COLORS ARE ALL COLOR-COORDINATED, AND WORK WITH ANY SKIN TONE AND HAIR COLOR. YOU CAN'T MAKE A MISTAKE. (NO MORE USELESS MAKEUP SITTING IN YOUR DRAWERS.)

Victoria's color kit provides a fool-proof way of taking all of the guesswork and frustration out of selecting and coordinating makeup colors. Her color kits come in Peaches, Pinks and Reds, and because all of her colors are so natural, ALL THREE look great on ANY skin tone.

ER ENTIRE LINE OF MAKEUP IS YPO-ALLERGENIC, RANCE FREE, AND NON-DOGENIC (DOESN'T BLOCK RES).

ans that women with even the most e skin can wear Victoria's entire h confidence.

5 DESIGNER LINE QUALITY AT AFFORDABLE PRICES.

Victoria is able to provide the highest quality cosmetics at affordable prices because she sells them direct to you with no retail store markups or sales commissions.

6 NO ANIMAL TESTING.

Victoria's Products are safety tested through clinical methods. No animal testing is conducted on any of her products.

OU'LL LEARN MAKEOVER ECHNIQUES FROM ONE IE WORLD'S BEST MAKEUP TS.

ou order Victoria's color-coordinated kits, you not only receive her wonderful "no-makeup" makeup, ***you'll receive her makeover video, "The Victoria Jackson Difference."*** Victoria knows that even the best makeup is only as good as the way it's applied, so she created a video that teaches her fast and easy makeover techniques. After viewing this video, Ali MacGraw stated, "You'll learn more in each minute of this video than you have in a whole lifetime of applying makeup."



Victoria's Incredible Foundation The Secret Behind Her "No Makeup" Makeup.

Even women who normally don't wear any base Victoria's foundation because it doesn't feel or lool you're even wearing makeup. **Her foundations are so s and close to natural skin tones that they blend int skin perfectly.** They provide all of the *coverage* you *without* a noticeable texture, so your complexion looks rally beautiful instead of made-up. Each foundation co contains two blendable shades, a "half-shade" apart s skin tone can be matched perfectly. They're available in Medium, Tan and Dark.

Matching Pressed Powders Smooth as Silk Provide the Perfect Finishing Touch.

Victoria's pressed powders are color-coordinated t foundations and are ideal for giving a little extra co for any problem and without adding a textured, powder to your skin.

Victoria's Distinctive Multi-ShadeLip Compacts and Matching Lip Pencils.

Use Each Shade Individually, Or to Create Your Own Unique Shade!

Each of Victoria's Lip Compacts include 3 *blendable* shades of her *long-lasting* cream lipstick, and a powder lipstick that can be used alone, or applied on top of the cream lipsticks to give your lips a shimmery, silk-like finish. You not only have the convenience of 4 shades in one container... but because they're "blendable," you can create your own perfect color.

Victoria's matching lip pencils provide the perfect compliment to her lip colors which *enable you to make the absolute most of your lips*. Whether you use them for simply lining your lips, or for using Victoria's special tricks that turn ordinary lips into extraordinary lips, her lip pencils will become one of your favorite makeup accessories.





Natural Eye Shadows that Emphasize Your Eyes... NOT Your Makeup

Your eyes are your most important facial feature, and your eye make-up complement your eyes...not compete with them. And that's exactly what Vi natural colors do. So others will notice your beautiful eyes...not your makeup

Eye Pencils that Make a "Perfect Application" Fast and Easy!

Each kit includes 2 eye pencils and an eyebrow pencil. They apply color effortlessly, and their *built-in sharpeners* mean you always have a perfect They're soft enough to smudge for a softer look, yet hard enough to give you a fir

Blushes Fine as Silk that Deposit Color...Not Texture!

Whether you're going for a "natural look" or a more dramatic glamorous look, proper blushing should only add color, not a perceivable texture. That's what makes Victoria's blushes so exceptional. Each compact contains *two shades of blush*.





The Dual Mascara Everyone's Raving

Victoria's *clear gel mascara* lets you *co* and *thicken* your lashes and eyebrow beautiful natural look, while her tradition mascara gives you a more dramatic look. all, they're in one convenient container.



Designer Line Quality at Affordable Prices!

Pink Introductory Color kit shown

Victoria's Color Kits, You'll Look More Beautiful You've Looked in Years...or Your Money Back!

No cosmetic company president in their right mind would make this kind of guarantee. But one of the world's great makeup artists who's made over a thousand faces look their best, welcomes the opportunity. Victoria knows that all it takes for a woman to look her best, is her "no-makeup" makeup and the right techniques to apply it. She knows that her foundation and natural matte colors, along with the techniques she shows in her video will enable you to look more naturally beautiful, in less time and with less effort than you ever imagined. ***Victoria is able to offer her cosmetics at such low prices because she sells direct to the consumer, thus avoiding retail store mark-ups and sales commissions.*** She's convinced that once you've tried her makeup, you'll never go back to anything else. And if you don't agree, you can return the unused portion for a full refund!

Each Introductory Kit includes:

"The Victoria Jackson Difference" Video	$39.95
Makeup Reminder Cards	9.95
Lip Compact (4 shades)	17.95
Matching Lip Pencil	7.95
Eye Shadow Compact (4 shades)	19.95
Brown Eye Pencil	7.95
Black Eye Pencil	7.95
Taupe Eyebrow Pencil	7.95
Blush Compact (2 Shades)	19.95
Foundation Compact (2 Shades)	24.95
Matching Pressed Powder	16.95
Dual Mascara	12.95
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A $213.35 Value — Only 2 payments of $39.95



Learn Victoria's Incredible Makeover Techniques.

They're Fast & Easy With Her Video and Reminder Cards.

In her video, "The Victoria Jackson Difference," Victoria will guide you step by step through your own personal makeover. She'll show you how to "play up" your strengths, and minimize your weaknesses. Her techniques are fast, easy and incredibly effective. And her ILLUSTRATED REMINDER CARDS give you step by step reminders on every technique.

Victoria Will Teach You Step By Step How To...

- *Create Your Absolute "Best Look"*
- *Use Makeup Techniques to Take "Years Off" Your Face*
- *Turn Ordinary Lips into Extraordinary Lips*
- *Make Your Eyes Look Their Absolute Best*
- *Minimize Under-Eye Circles, Puffs and Bags*
- *Correct Every Kind of Problem or Flaw*
- *Go from a "Day Look" to an "Evening Look" in minutes*
- *Minimize Lines and Wrinkles*
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- *Facial Contouring*
- *Techniques for Teens...And More*

To Order See Next Page

Aspiring makeup artists pay $350 each to attend Victoria's Seminar and learn these same techniques!

HOW TO GET YOUR COLOR KIT AND VIDEO IN THE NEXT 10 DAYS

1. Determine which Color Kit you prefer.
2. Determine your Skin Tone.
3. Call the 800 Number with your Credit Card Order, or Mail Order Form with Check or Money Order.

1 How to Choose Your Color Preference

The Color of your Hair, Eyes and Skin Tone doesn't matter... You just Select the Color you Prefer!

Because Victoria has color-coordinated her kits with colors that work on any skin tone, you don't have to worry about "which color will look best." **All three kits look great with any skin tone,** and *any* color of hair. **Throw away all of the past rules** you've lived by, and just select the color kits you prefer. The peach kit is the most neutral; the red kit is for a more dramatic look, and the pinks look great for any occasion. This is one time you CAN'T make a wrong choice.



PINK ▶
Introductory Color Kit

◀ **RED**
Introductory Color Kit

PEACH ▶
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Try Victoria's Makeup and Video for up to 30 days, and if you're not as thrilled with it as Ali, Lisa and Kathleen, you can return the unused portion for a FULL REFUND.

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- ❑ **PINK** No. TPK ❑ **PEACH** No. TPC ❑ **RED** No. TRD
- My Skin Tone is: ❑ **LIGHT** ❑ **MED.** ❑ **TAN** ❑ **DARK**
- My Birth DAY is: ____/____ (MONTH / DAY) Video ❑ **VHS** ❑ **BETA**
- ❑ I have enclosed a check or money order for: $79.90 + $6.00 S&H. (CA & PA Res. add 6% Sales Tax)
- ❑ Please Charge my: ___ MasterCard ___VISA ___AMEX ___Discover Card
- Acct. No. | | | | | | | | | | | | | | | | |
- Exp. Date _____/_____
- NAME _____
- ADDRESS _____ APT NO. _____
- CITY _____
- STATE ____ ZIP _____ PHONE (____) _____

* The monthly payment option is available on credit card orders only

2 How to Determine Your Skin Tone to Select the Perfect Foundation

Victoria has made selecting the color of foundation foolproof. There are 4 tones, light, medium, tan and dark. Each tone has two shades that can be used individually or blended for a perfect skin match.

LIGHT For the woman with a pale, ivory complexion who tends to sunburn very easily.

MEDIUM For 80% OF ALL WOMEN... Women with a more neutral beige tone.

TAN For women with a little darker complexion.

DARK For women with darker skin tones and black skin.



3 How to Place Your Order

Credit Card Customers can rush your order by calling the toll free number. Your card will be charged 2 monthly payments of $39.95. A one-time S&H charge of $6.00 will be added to your first payment, and CA and PA residents will be charged 6% sales tax. The monthly payment option is available on credit card orders only.

If you prefer to use a check or money order, complete the order form and mail with a check for $79.90 plus $6.00 shipping & handling to the address on the order form.

PRIME SHOPPER

WE'VE GOT YOUR TICKET TO THE LATEST TRENDS, BEST-TO-BUY PRODUCTS AND TOP VACATION GETAWAYS FOR THE WAY YOU LIVE TODAY



CARIBBEAN HOT SPOTS

Planning a winter vacation? Head for the warmth of the tropical sun

ENGLISH TRADITIONS

If all you want is a room somewhere (with one enormous chair), English country style is just lover-ly





CRAFTY CHRISTMAS KITS

It's never too early to get a jump on the holidays. We've found the perfect crafts for you to order and assemble in time for the arrival of St. Nick

ENGLISH TRADITIONS

THE BRITS LOVE THE FINER THINGS IN LIFE—HIGH TEA, COZY ROOMS, PERFECT WEEKEND WEAR. SO WHY NOT BE JUST A BIT ARISTOCRATIC? **By Linda Fears**



TEATIME

A relaxing ritual worth repeating daily. Sip your favorite blend with our luscious, quick-to-fix scones

SPLENDID SCONES

Prep time: 10 minutes
Baking time: 12 minutes

- 2 cups self-rising flour
- 2 tablespoons sugar
- ¼ cup butter or margarine, softened
- ⅓ cup currants or raisins
- 1 large egg yolk, lightly beaten
- ⅔ cup plus 2 tablespoons heavy or whipping cream
- 1 large egg yolk, beaten, for glaze (optional)

Preheat oven to 400°F. Grease and flour 2 cookie sheets.

Combine flour and sugar in bowl. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. Add currants or raisins; stir to combine.

Combine egg and cream in small bowl. Pour onto flour mixture; stir with fork until dough is moist enough to hold together. Drop dough by rounded tablespoonfuls onto prepared cookie sheets. Brush tops with beaten yolk, if desired. Bake 12 minutes or until golden. Transfer to wire rack. Serve warm. Makes 20.

SITTING PRETTY

This sitting room, with its cushy sofa and bright fabrics, is fit for a queen; the Cheveley Collection by Laura Ashley. Details, P.S. 8







THIS BUD'S FOR YOU

Our Ribbons and Roses needlepoint pillow (#LJ 1028 Dept. 010-005, $31.23) is utterly English. To order the kit, call 800-955-0500

HORSING AROUND

Jodhpurs and jackets may seem trendy, but they've been around forever in the English countryside ▶

We've been working for 140 years so anyone can make this in one day.





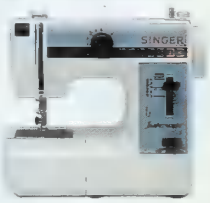


Stylist™ 9110

At Singer, we've been working hard for 140 years on sewing machines that do only one thing. Make sewing easy.

So today, no matter what your budget or skill level, you'll find a Singer sewing machine just right for you with a variety of easy-to-use features. Machines like the Stylist™ 9110 with a wide array of functional and decorative stitch patterns, built-in buttonholer and auto thread tension.

We also make popular Featherweight™ machines like the Model 324 Plus that are especially easy to carry and store. And if you're looking for a machine which makes it easy to sew, trim and finish all in one easy step, there's the Ultralock™ 14U34.





Of course, with every Singer machine you get the craftsmanship and dependability that's sure to be a Singer trademark for another 140 years.

So see your local Singer retailer today. Because with a full range of affordable, easy-to-use models, a Singer sewing machine is as easy to buy as it is to use.

SINGER THE WORLD'S FAVORITE SEWING MACHINES

990 Singer Sewing Company

The more you know about your dog's day, the less you'll want to feed him supermarket pet food.



6 am: Sleeping and storing energy.



7 am: Dog needs to utilize energy stored during sleep.



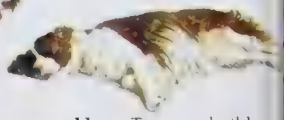
8 am: Eating a balanced breakfast.



9 am: Requires fats in the diet to provide sustained energy.



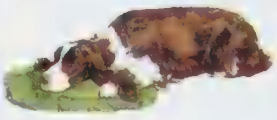
10 am: Nature calls. Smaller stool means more nutrients absorbed by dog.



11 am: Tissues rebuild during naptime.



NOON: Vitamins in diet help clear eyes to spot mailman.



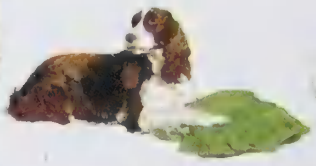
1 pm: Recharging batteries while sleeping.



2 pm: A healthy reward: Iams Biscuits.



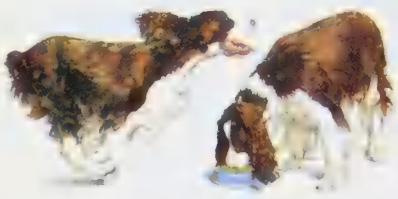
3 pm: Needs fatty acids and proteins for thick, healthy coat.



4 pm: A pre-dinner nap.



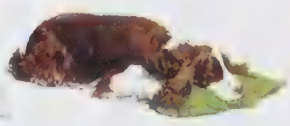
5 pm: Greeting the troops.



6 pm: Needs balance of nutrients and fatty acids to keep nose and footpad leather pliable.



8 pm: Energy needs to be kept at optimal level.



9 pm: Nutrients replenish energy while sleeping.



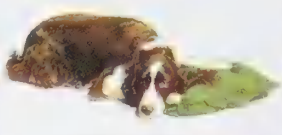
10 pm: Good muscle tone achieved through good nutrition.



11 pm: Provides fiber which aids in proper digestio



MIDNIGHT: In for the night.



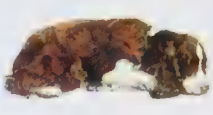
1 am: Most dogs sleep eleven hours a day.



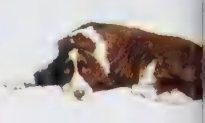
2 am: Nutrients repair muscles during sleep.



3 am: House patrol.



4 am: Proper diet provides amino acids and minerals for bone growth.



5 am: Let sleeping dogs lie.

In a typical day, your dog's energy demands can vary greatly. So he needs maximum nutrition from his food. And if your dog is eating supermarket pet food, he may not be getting the optimal nutrition found in every bag of Iams. And, isn't a proper diet one of the most important things you can do for your pet?

Iams uses only high quality meat protein, balanced with necessary fats, vitamins, carbohydrates, and minerals. All highly concentrated and digestible, which means more essential nutrients will be absorbed. And that efficiency pays off in a healthier dog. You can see it in his firm muscle tone, smaller stool, and shinier coat.

In other words, if we can get every dog to eat Iams, every dog really will have his day. Iams is not sold in supermarkets, but you will find it at pet stores, feed stores and veterinarians.

For more information, call 1-800-525-4267 (IAMS).

IAMS

Special pet foods found only at special places.



CRAFTY CHRISTMAS KITS

IT MAY NOT BE LOOKING A LOT LIKE CHRISTMAS JUST YET, BUT YOU CAN CREATE THESE CHARMERS NOW TO BE READY FOR THE HOLIDAYS



HOME SWEET HOME

What little girl wouldn't love this elegant Tudor house? The Glencroft Doll House Kit (#LJ 1026) is just $87.93



SOCK IT TO 'EM

Stitch up this fun patchwork stocking for the kids. Victorian stocking (#LJ 1025) costs $25.48







THE INSIDE STORY

Victorian furnishings (#LJ 1027) are perfectly suited for this four-room home. Get all fifty-six pieces for only $40.73



BLANKET STATEMENT

Our Native American afghan (#LJ 1004) adds rustic appeal to any room. It's 56" x 44" and costs $49.23



CALL 800-955-0500 (ASK FOR DEPT. 010-004) TO ORDER OUR CRAFTS TODAY!

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A Special Message from

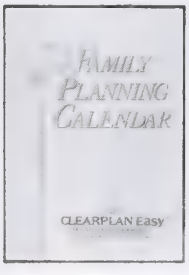
CLEARPLAN Easy™

Planning Your Pregnancy

If you have waited for the perfect moment in your life to have children, you may have discovered that it is not always easy to become pregnant. Because women are fertile just a couple of days per month, conception may take longer than you anticipated. However, you can maximize the chance of conception by determining, in advance, your most fertile time of the month.

That's where Clearplan Easy Ovulation Predictor can help. Clearplan Easy and its one-step method will let you know in just five minutes if ovulation is likely to occur within the next 24 to 36 hours. By using Clearplan Easy, you could be just one step away from realizing your dream of having a baby.

And, to further help you plan your pregnancy, Clearplan Easy is offering, for a limited time, the Clearplan Easy Family Planning Calendar. This 12 month calendar provides basic facts on fertility, reports on the latest health factors affecting fertility, and advice on pregnancy as well as serving as your personal family planning diary.



For your copy of the Clearplan Easy Family Planning Calendar, please include a check or money order for $1.60 (to cover postage and handling) with the completed coupon below, and send to:
Clearplan Easy Family Planning Calendar
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Please do not send cash through the mail. Allow 4 to 6 weeks for delivery. Offer good as long as supplies last.

GREAT ESCAPES

CARIBBEAN HOT SPOTS

Everyone knows that sea and sun are the ingredients of a soul-satisfying winter vacation. But what about other attractions—like great shopping, exotic food and the chance to learn about a foreign culture? You can find all these things in the Caribbean. Which island is right for you? Here are some of our top picks.

By Deborah Gaines

PUERTO RICO

A United States commonwealth, Puerto Rico offers an ideal mix of the familiar and the exotic. The island shares our currency and postal system, and many people speak English. But you'll never mistake it for the continental United States: From the roadside stands selling *empanadillas* (crispy beef or seafood turnovers) to the charming sixteenth-century town of Old San Juan, it's distinctly and deliciously foreign.

To get a taste of island life, stay at one of the *Paradores Puertorriqueños*, or country inns, outside San Juan. They offer comfortable, affordable accommodations in authentic surroundings. Prices start as low as $52 double. For more information, contact the Paradores Puertorriqueños Reservations Office, Old San Juan Station, San Juan, PR 00905; 809-721-2884.

For a more luxurious resort experience, try the Hyatt Regency Dorado Beach. Guests stay in simple two-story buildings almost hidden among tropical gardens, with cozy private balconies opening onto a beach. Double rooms start at $175 per night; kids under fifteen stay free in the room with parents. For reservations, call 800-228-9000.

For general information, contact the Puerto Rico Tourism Company, 575 Fifth Avenue, New York, NY 10017; 800-223-6530.







Dreamy retreats, clockwise from top: Puerto Rico, Trunk Bay in St. John, St. Croix

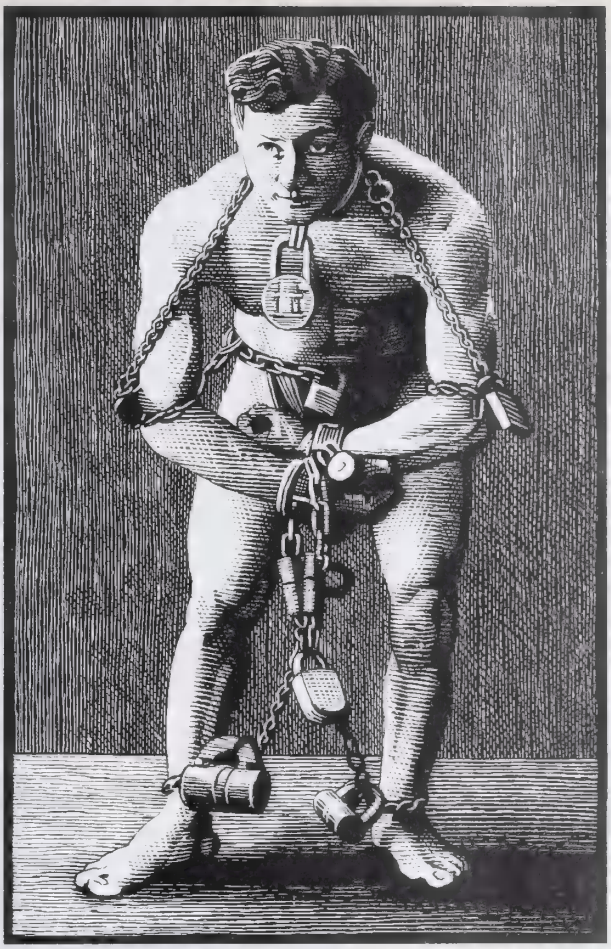
MARTINIQUE

You'll find plenty of *joie de vivre* in this French dependency, which retains close ties with the mother country in language, culture and cuisine. Called the island of flowers by the Carib Indians who originally settled it, Martinique has a lush countryside overflowing with hibiscus, bougainvillea, poinsettia and fragrant orange trees.

The irregular coastline boasts many coves of sandy beaches. The Pointe du Bout (a small, flat peninsula across the bay from the main town, Fort-de-France) is the main resort area. An excellent place to stay is Hotel le Bakoua, which has one hundred forty rooms right on the shore at Pointe du Bout surrounded by gardens and coconut palms. Though it was damaged by Hurricane Hugo in September 1989, the hotel is being completely refurbished and will reopen in December. Rooms start at $308 double during the Christmas season. Reserve through your travel agent or call Accor/Resinter at 800-221-4542.

As you would expect from a French island, Martinique has some of the Caribbean's best food. Try the Typic Bellevue, where Creole dishes like steamed shark and frog's legs with pepper sauce are served on a breezy outdoor terrace (call 011-56/71-68-87).

The island is an exciting place to be in early February, when Carnival sweeps visitors into a whirlwind of frenetic fun for five days. Parties spill over into the streets. *(continued)*



The escape from uncomfortable shoes just became a lot easier.

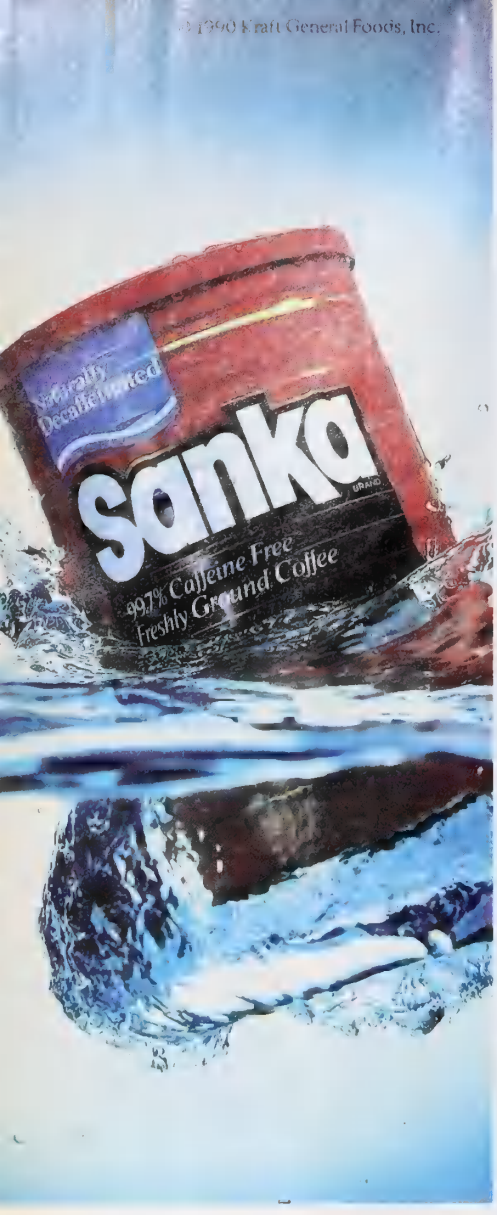
Houdini had to escape from chains. Padlocks. And leg irons. All you have to do to get comfortable is call 1-800-468-4684 for a Soft Spots retailer near you. Soft leathers. Soft cushioned comfort. In pumps, casuals and walking shoes. Plan your escape.



SOFT SPOTS®
Really Comfortable Shoes

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Sanka® is naturally decaffeinated, using only pure water and effervescence, leaving virtually all of the coffee flavor in the bean.

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SANKA® GROUND, FREEZE-DRIED AND INSTANT — ALL NATURALLY DECAFFEINATED.

GREAT ESCAPES

(*continued*) while parades, marching bands and dance groups entertain from dawn to dusk. The 1991 Carnival runs from February 9 to 13. For more information, contact the French West Indies Tourist Board, 610 Fifth Avenue, New York, NY 10020; 900-420-2003.

BARBADOS

The accent is unmistakably English in this civilized spot, where afternoon tea is served in the hotels and cricket is a national pastime.

Most of the island's resorts are along the west coast, where sandy beaches stretch for miles without interruption. St. James Beach is the island's finest and home to some of the most posh hotels. For true luxury, try the Royal Pavilion, a pink palace with elegant, oversize rooms facing the beach. Double rooms range from $270 to $465 in winter; call 800-223-9815.

Bajan cuisine owes more to Africa and India than it does to England. Bajan specialties include flying fish, stir-fried squid and island rabbit: Try them at Koko's (Prospect, St. James, 809-424-4557), an award-winning seaside eatery known for its inventive menus.

Some of Barbados's greatest pleasures can be found one hundred fifty feet beneath the sea. Twelve times daily, the Atlantis II sight-seeing submarine—one of only six such vessels in the world—descends into the sparkling blue waters off the island's west coast. It's greeted by a rainbow of tropical fish, gently waving seaweed and stunning coral formations. Atlantis tours cost $58 for adults, $29 for children aged four to twelve, for an hour of underwater exploration. Make reservations through travel agents or by calling 809-436-8929.

For general island information, contact the Barbados Board of Tourism, 800 Second Avenue, New York, NY 10017; 800-221-9831.

U.S. VIRGIN ISLANDS

With their lush tropical foliage, clear seas and powdery beaches, the islands of St. Thomas, St. John and St. Croix are among the world's most pristine natural environments.

Of the three islands, St. John has been the least altered by man: Two thirds of the island is a protected national park. Here you'll find Trunk Bay, a coral-sand beach with a marked underwater trail for divers beneath the crystalline water.

Because St. John's primary appeal is its natural beauty, special steps have been taken to protect it. For instance, the Maho Bay campground has elevated walkways so visitors don't trample the delicate foliage. Simple three-room cottages overlooking the beach cost $75 a night, in winter, for a double. To make reservations, call 800-392-9004.



Barbados boasts lush tropical foliage every bit as beautiful as its beaches

St. Croix is the largest of the U.S. Virgin Islands and has the most varied topography: The eastern end is rocky and arid, while the west has a luxuriant rain forest; in the middle are rolling farmlands and sandy beaches. One of the best is at the Buccaneer, a sumptuous resort near Christiansted (doubles start at $130 in winter). For reservations, call 800-223-1108.

The capital of St. Thomas, Charlotte Amalie, is also the shopping center of the Caribbean. Jewelry, liquor, leather goods and island folk art are among the duty-free items that attract millions of visitors each year.

But St. Thomas isn't just stores. To escape the crowds, head out on the island to Pavilions and Pools, a romantic retreat where each villa has its own private swimming pool! Villas start at $230 in winter. For reservations, call 800-524-2001.

For more information, contact the U.S. Virgin Islands Tourism Office, 1270 Avenue of the Americas, New York, NY 10020; 212-584-4520.

WHERE-TO-BUY GUIDE

P.S. 2: Laura Ashley, 714 Madison Avenue, New York, NY 10021; 800-223-6917. DKNY is available at major department stores. Sam & Libby shoes are available at Macy's and Bloomingdale's. For more information, call 415-598-9211. For more information on Michele Jaffee, call 212-563-2307. P.S. 6: ClearPlan is available at Rite Aid, Revco, Walgreen's, CVS, Thrifty Drug, Drug Emporium and Duane Reade.

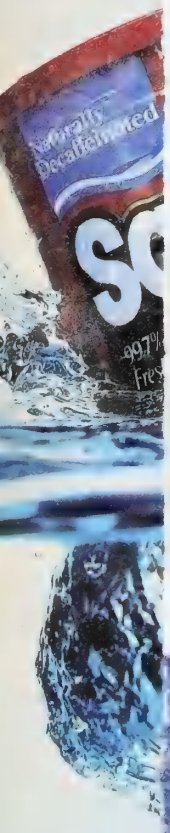
Italian made easy.

Put a taste of the regions of Italy on your table with these easy-to-make recipes from Classico® and Creamette.®





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SAVE OVER $50.00 ON OUR MODEL TRAIN!



Receive a Limited Edition Procter & Gamble O Gauge Train Set* for only $79.95 (plus $4.00 postage and handling and three proofs of purchase). See offer certificate for details. Offer expires November 1, 1990.

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Save 40¢

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Enjoy the refreshing taste of white Niagara Grapes. Available in bottles and frozen sweetened concentrate.



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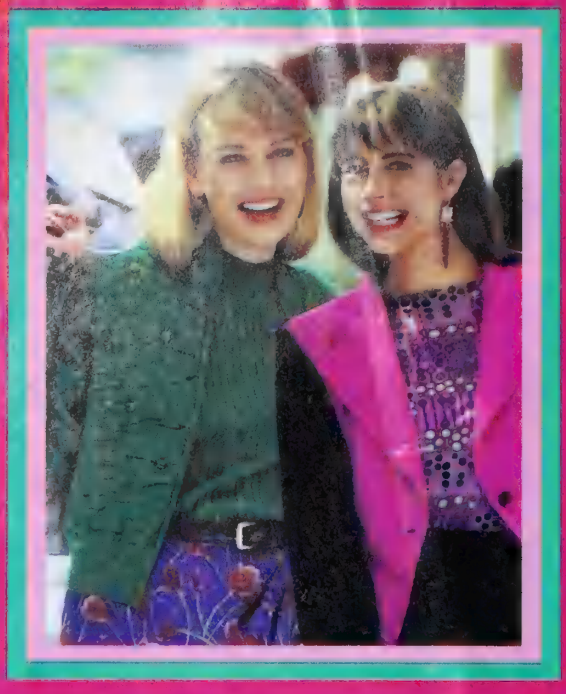
What looks best on a conditioned body?

Conditioned skin.

Tone gently cleans. Rinses clean. And doesn't leave you feeling dry. Because Tone® has moisturizers that condition your skin. And that looks good on just about anyone.

Tone up with Tone.

The Dial Corporation, 1990



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Newport Stripes

SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

100's: 12 mg. "tar", 0.9 mg. nicotine av. per cigarette by FTC Method.



Twice as many dogs dig Meaty Bone.

Dogs prefer Meaty Bone's delicious meaty coating 2 to 1 over original Milk-Bone® dog biscuits. And since it cleans teeth just as well, you'll dig Meaty Bone too.

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Note: Original Milk-Bone® dog biscuits is a registered trademark of Nabisco Brands.

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Save an additional 75¢ with this coupon

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See details on certificate on the side panel to receive a FREE* pair of L'eggs® Regular Pantyhose and $1.00 worth of coupons towards your next purchase of Maximum Strength DEXATRIM® Capsules or Caplets and L'eggs® Regular Pantyhose.



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Double delicious cookies and brownies with EAGLE® BRAND and HERSHEY'S®



Easy to make.
Hard to resist.™



HERSHEY'S

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BORDEN

IF IT'S BORDEN-IT'S GOT TO BE GOOD

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The BEATRIX POTTER Christmas Ornament Collection

Enchanting hand-painted, bisque porcelain ornaments, available exclusively from the Danbury Mint.

©1990 MBI

Peter Rabbit shown actual size. Other ornaments shown approximately ½ actual size.

he delightful and enchanting animal racters created by Beatrix Potter are a rished part of childhood memories. Now se charming characters are brought to life he all-new *Beatrix Potter Christmas ament Collection.*

Richly detailed sculptures.

You and your family can enjoy all your rites...naughty Peter Rabbit in his famous blue jacket. Jemima Puddle-duck wearing best blue bonnet and paisley shawl. Hunca nca in her delicate sprigged frock cradling little baby, and Mr. Jeremy Fisher eating favorite sandwich. All are lovingly crafted beautiful heirloom-quality porcelain istmas ornaments.

Crafted in fine bisque porcelain.

Each of the 18 characters in this collec- is hand-crafted in fine bisque porcelain carefully hand-painted in soft pastel rs that faithfully evoke Beatrix Potter's inal drawings.

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A Danbury Mint exclusive.

The Beatrix Potter Christmas Ornament Collection is available exclusively from the Danbury Mint, and will not be sold even in the finest stores. Also included is an attractive storage box, at no additional charge.

Each ornament in this enchanting collection costs just $16.50, a remarkable value for hand-painted bisque porcelain ornaments of such superb quality. Your first and last ornaments will be shipped individually. In between, you will receive a set of two ornaments every other month, but you need only pay for one ornament per month. If you prefer, charge your ornaments to your credit card. Your satisfaction is completely guaranteed, so order today—for the most joyous Christmas ever!



This attractive storage box is yours at no additional cost.

the Danbury Mint

RESERVATION APPLICATION

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06857

Guaranteed shipment in time for Christmas delivery for all orders received by December 5, 1990.*

Please accept my reservation for *The Beatrix Potter Christmas Ornament Collection*, 18 hand-painted, bisque porcelain ornaments. A storage box will be included at no additional charge. The cost of each ornament is $16.50**.

I need send no money now. My first and last ornaments will be shipped individually. In between, I will receive a set of two ornaments every other month, but I need only pay for one ornament per month. If not completely satisfied, I may return any ornament within 30 days for replacement or refund. This subscription may be canceled by either party at any time.

*Allow 8–12 weeks for orders received after December 5, 1990.
**Plus any applicable sales tax and $1.50 shipping and handling.

Name _____
(PLEASE PRINT CLEARLY)

Address _____

City _____

State _____ Zip _____

☐ Check here if you wish each ornament charged to your:
☐ MasterCard ☐ VISA ☐ Discover

Credit Card Number _____ Expiration Date _____

Signature _____

U9

MEDINEWS

To help you and your family stay healthy.
By Sally Squires

A CURE FOR KILLER PREGNANCIES

Ectopic pregnancies are on the rise: In the past two decades, the rate has increased from four and a half to over sixteen per one thousand reported pregnancies. However, there is some good news. The condition can now be treated with drugs instead of surgery. Researchers at Harvard Medical School recently used the anticancer drug methotrexate to treat seventy-four women who had ectopic pregnancies, which occur when fertilized eggs settle outside the womb. (Such pregnancies are highly dangerous and must be terminated to save the mother's life; there is virtually no possibility of the fetus surviving outside the womb.) Methotrexate dissolves placental and embryonic tissue, and eliminates the risk of surgical damage to the fallopian tubes and subsequent infertility. Of those women treated, sixty-six required no surgery. So far, more than a third of the women in the study have conceived again, and more than half of them have delivered healthy babies.

Sally Squires, a health writer at the Washington Post, is also co-author of the book "The Stoplight Diet for Children" (Little, Brown, 1988).

PID UPDATE

Women who douche regularly have a higher risk of getting pelvic inflammatory disease (PID) than women who don't douche. According to a recent study at the University of Washington, in Seattle, women who douche three or more times a month are four times likelier to develop PID—an upper genital-tract infection that can cause scarring, blocked fallopian tubes and sterility—than those who douche once a month or less. The study also showed that a home-prepared vinegar-and-water solution posed less risk than commercial products, which were more likely to destroy protective bacteria in the vagina that help prevent infection.

DOCTOR CLOCK

When **you take your medicine may be just as important as how much you take. Time of day helps determine how well the body metabolizes certain drugs, says Vincent Lee, Ph.D., an expert in the field of chrono-pharmacology (drug-dosage timing) at the University of Southern California, in Los Angeles. For example, eyes absorb twice as much timolol—a drug used to treat glaucoma by relieving pressure on the optic nerve—at noon as they do at six A.M. The researchers' next step: to figure out just why our bodies respond to drugs so differently at different hours.**

THE FEMALE ADVANTAGE

Women are more likely to survive cancer than men are, according to a report in the *Journal of the American Medical Association*. A study of over six thousand patients, done at University Hospital, in Uppsala, Sweden, found that women had a 22 percent lower cancer-death rate. Researchers say this advantage appears to be linked to monthly ovarian changes and the presence of sex hormones—especially estrogen and progestogen—which may help stop the spread of tumors. The types of cancer with the highest female survival rates include Hodgkin's disease, lymphoma and leukemia.

THE HEART-HEALTHY VITAMIN

Here's another reason to drink your O.J.: Vitamin C may help prevent heart attacks and strokes. Scientists at Tufts University, in Boston, found that people who ingest lots of C—either in food or supplement form—have lower blood pressure and higher levels of high-density lipoprotein, or HDL, the "good" cholesterol that's thought to protect against heart disease. A lack of vitamin C, meanwhile, can contribute to atherosclerosis, or hardening of the arteries, according to a twenty-year study conducted by Anthony J. Verlangieri, Ph.D., director of the University of Mississippi's Atherosclerosis Research Laboratories at Oxford. To help prevent heart disease, Verlangieri recommends a daily dose of 1,000 to 2,000 milligrams of vitamin C—many times the U.S. recommended daily allowance of 60 milligrams per day. However, check with your doctor before taking large amounts of any supplement.

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RECYCLING MADE EASY

Everyone cares about the environment, but let's be honest: It can be downright annoying to stash all that trash for recycling. How to ease the load? We found a couple who redesigned to make recycling a snap. **By Linda Fears**





Above: Maximum recycling doesn't have to mean unsightly heaps of garbage, as the Goldbecks' attractive kitchen illustrates. Here, there's a specific—and convenient—spot for every type of trash. Right: Nikki and David show off some of the room's state-of-the-art features

Do you live in a town that has begun a recycling program? Good for you. But dealing with your garbage these days has probably become a major, messy ordeal. Unfortunately, most kitchens just weren't designed with recycling in mind. But that's precisely what led David and Nikki Goldbeck, of Woodstock, New York, to embark on an innovative mission: creating an attractive kitchen geared for garbage disposal that would make recycling easy and keep it out of sight.

"Having to recycle is a pain," David concedes. "But we've always been committed to the idea. It's just a commonsense way to live. We don't like to waste things. In the end we decided, let's just make it as simple as possible, because the more convenient it is, the more automatic it is." The Goldbecks probably spend more time in their kitchen than most: They're the co-authors of several cookbooks and food-buying guides. "Since the kitchen is our workplace," says David, "we wanted it to be attractive and neat, and be conveniently equipped to store all sorts of recyclables."

PLANNING THE PROJECT

Before redesigning their kitchen, the Goldbecks checked with the local department of public works to see what type of recycling facilities were available in their area. Luckily, their town is pretty progressive. Although Woodstock has no pickup service, it does have a recycling center for metal, glass and most plastic (known as sortables in the waste-disposal industry), as well as newspapers and magazines. Since New York State has a beverage-container refund program, and the Goldbecks planned to compost all their food waste, they knew they could be maximum recyclers—having almost no real garbage.

Armed with this information, the Goldbecks knew they needed separate trash *(continued)*





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■ The Goldbecks keep all their types of trash separate; refundable bottles and cans are placed on a rack and returned in paper grocery bags. Almost the only trash that goes in the kitchen garbage can is nonrecyclable paper. (Did you know that one third of paper garbage is packaging materials that are tossed out immediately? The Goldbecks try to buy as little as possible.)

(continued) receptacles for: glass (all nonrefundables such as sauce and pickle jars), metals (including food cans, tins and foils), plastics (any plastic packaging and food containers, such as margarine tubs), refundable beverage containers, and compostable waste ("wet" garbage such as fruit and vegetable peels, eggshells, coffee grinds). Finally, they needed containers for everything else—whatever couldn't be recycled—packaging, paper towels and so on. The Goldbecks amass little toxic trash besides dead batteries, because they avoid buying cleaning products that would produce dangerous wastes. David takes the batteries to the recycling center on a designated day.

TAMING KITCHEN TRASH

Once the various categories were determined, the Goldbecks set out to find a space for each type of trash. Nonrecyclable waste was relegated to a plastic garbage pail near the sink in the food-preparation area. Right next to it is a sturdy wire rack with three shelves (top photo): one for refundable bottles, another for refundable cans, and a third for the paper grocery bags they save and use for returning. The garbage pail and the wire rack are concealed in a large base cabinet with a fold-out door. And to make it even easier to throw out nonrecyclable trash, David removed the drawer front from the top of the cabinet, giving a pass-through space directly to the garbage can. An even more attractive option, they suggest, is to install a swinging push-through door over the cabinet, similar to the type found on commercial garbage cans.

THE PAPER CHASE

Keeping newspapers under control and out of the way can be a chore. The Goldbecks' solution: They discovered that a bottom cabinet drawer (below) was a perfect storage spot—deep and wide enough for stacking a few weeks' worth of papers. By placing a piece of twine on the bottom of the drawer, held in place with hooks, David can just tie up the newspapers when the drawer is full. Before starting a new stack, he simply cuts and lays a new piece of twine.

SORTING THE SORTABLES

To tackle the problem of plastics, glass and metal, the Goldbecks devised a simple receptacle to hold all three materials in separate containers. David positioned three grocery bags on the bottom of a double cabinet drawer—one for each category (see photo on next page). "It's a convenient solution, because all the sortables are in one area," says David. "And the mess is hidden. This can be done in a pantry, too."

COPING WITH COMPOST

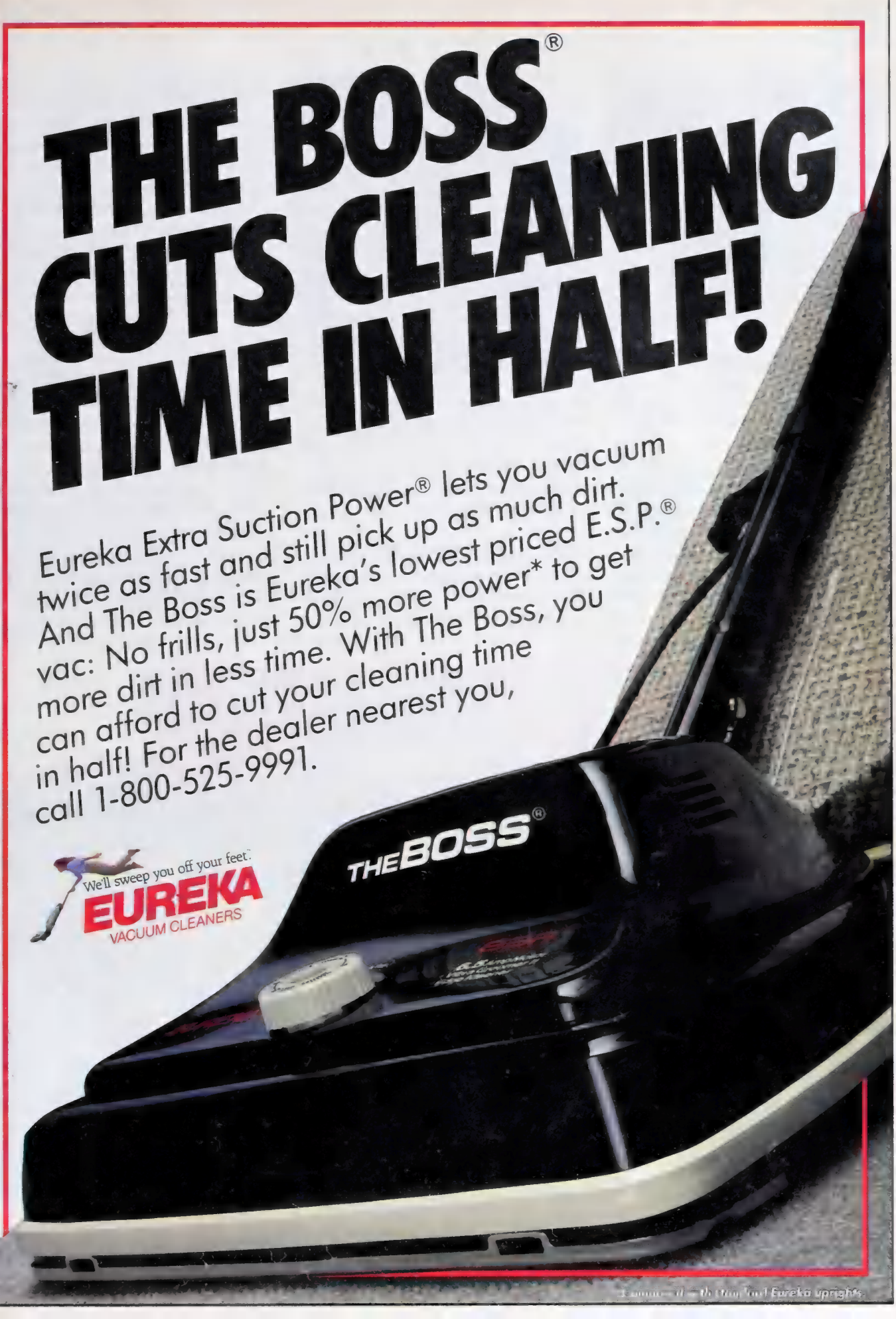
Perhaps the most creative method of garbage disposal in the Goldbecks' kitchen is the composting system David designed. Composting—recycling food wastes to use as garden fertilizer—is not a new idea; in fact, the Goldbecks have done it for years. "We've been gardening organically since 1972," says David. "It's a *(continued)*



■ It takes more than 550,000 trees just to make our Sunday papers every week, only 12 percent of which are recycled. The Goldbecks devised this simple newspaper-tying set-up in a drawer; it can easily be adapted to any deep drawer

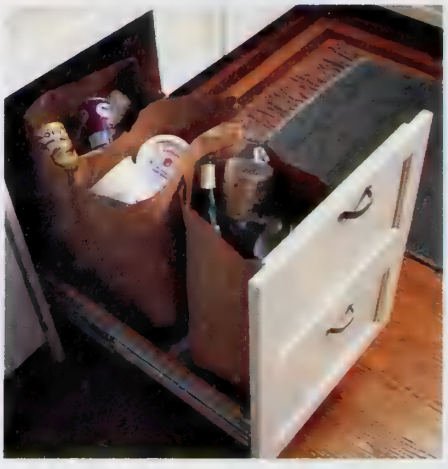
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Far left: Nearly 35 percent of all landfill matter is food or lawn waste that could be composted and used to fertilize grass, trees and gardens. The Goldbecks' convenient compost chute sends all their wet garbage to an outside bin. Middle: A recycled aluminum can is generally melted down and back in the stores within six weeks—if it's recycled. This simple system for separating recyclable trash can be set up in a pantry, laundry room, back hallway—wherever you have the space

(continued) smart way to turn this year's garbage into next year's food." Just like a laundry chute, the Goldbecks' composting system whisks the wet trash right out of the kitchen into a rubber receptacle hidden behind a cabinet door that's accessible from the outside of the house, eliminating any unpleasant odors in the kitchen. From the outside door the bin is easily removed and emptied into the compost pile. To keep bugs from getting into the house, David hung a flea collar over the side of the receptacle, then affixed a small sliding plastic cover on top of the chute (see photo above left).

EVERY LITTLE BIT HELPS

There's one more way to alleviate the trash problem, suggests David, and that starts before the problem occurs. Dubbed "pre-cycling," the idea is to simply generate less garbage. The Goldbecks' suggestions: Buy in bulk, use fewer paper products and avoid buying products with excessive packaging. You could also write to manufacturers to voice your complaints about wasteful packing material. "The statistics are amazing," remarks David. "Each person in the U.S. generates about three pounds of garbage every day. If we all did a little to reduce the garbage output, the impact would be immense." ■



A MODEL TOWN

ecycling is a good way to reduce the garbage ut. And it's not that tough to do. Case in oint: the community of West Berlin, New rsey, and its award-winning recycling pro-am. In 1980, long before the rest of the tion started thinking about it, this town of 600 residents initiated a curbside recycling ogram to alleviate the local landfill burden. e department of public works got the pro-am off the ground by convincing local busi-sses to buy all residents buckets for their cyclables. The biggest task, reports Mike cGee, director of public works for the town-ip, has been teaching the residents *what* cyclables to place out, *when* to place them t and *how* to sort them properly.

By aggressively educating the public rough countless fliers and local news articles well as public meetings, the town now asts a whopping 95 percent participation te from its residents. "Eventually we became group of people who were working with each other for the common good," says McGee. At first the township recycled only newspaper and glass, but now the list has grown to include plastics and wood, and they've added a program to handle safely the disposal of toxics, such as car batteries, tires and motor oil. And with each expansion to a new type of recycling came a reduction in total trash. The community recycled an amazing 58.5 percent of its garbage in 1989.

The program has succeeded, says McGee, "in part because we make it easy for the residents. Pickup of recyclables takes place the same day as the trash pickup, and recyclables can be placed on the curb unsorted—the department of public works does the separating. The result has been a good working relationship between the department and the residents. We're no longer a nameless entity that removes the garbage at the crack of dawn," says McGee.

Needless to say, McGee has become an adamant advocate of recycling. "Every recycling program can be successful, and everyone can help save the environment with a little determination," he says.



■ For information on recycling programs and centers in your area, call the Environmental Defense Fund: 800-CALL-EDF.

■ For further information on kitchen design and recycling, we recommend David Goldbeck's book, *The Smart Kitchen* (Ceres Press, 1989). Send $17.95 to Ceres Press, P.O. Box 87, Woodstock, NY 12498.



DRILLARD 1990

PERSONAL JOURNAL

Important insights into the way we feel. This month: ■ Winning strategies for bringing out the best in yourself ■ Surviving a trip to the hairdresser ■ The surprising health benefits of houseplants

THE POWER OF OPTIMISM

Much has been written about the power of positive thinking, and many experts now believe that optimists are more likely to be healthy, happy and successful. But there's more to being an optimist than having a bright outlook. To get the most out of life, we must be *tough-minded* optimists, practical and realistic as well as hopeful and determined. Tough-minded optimists know that the world is imperfect and that bad things do happen. When setbacks occur, they acknowledge them, then find new ways to achieve their goals.

We can all learn this approach. The strategies below will help you become a tough-minded optimist.

Anticipate problems

It's wise to avoid being overly optimistic. People who are too busy thinking positive thoughts often fail to see potential problems. Whenever you're making a decision, whether at work or at home, think through the situation. The hardheaded optimist always asks herself, "What troubles might exist here?" "How could this be improved?" "Is there any way this could backfire?"

Think of obstacles as a challenge

Look for multiple options: If one approach fails, simply try another. The finest problem-solver I know is Mike Somdal, my former literary agent. After a tough editor rejected a proposal we had made, I was discouraged and despondent. But not Mike. He exclaimed, "There's a way to appeal to those people's needs, and when we do, they'll *beg* to buy from us. All we have to do is figure out the right approach!"



Make time for things you find relaxing—whether it's curling up with a good book or taking a ballroom-dancing class

What I regarded as failure, Mike saw merely as the sort of hindrance everyone encounters when dreaming big. Eventually he was able to sign contracts with the very publishers who had turned us away earlier.

Talk freely about negative feelings

On the other hand, tough-minded optimists aren't afraid to admit it when things really are bad. For example, in 1953, George and Barbara Bush were told that their three-year-old daughter, Robin, had leukemia. She hung on for eight months, with Barbara at her bedside. Friends say the Bushes handed their grief back and forth, acting alternately as mourner and supporter. This is the ideal way for two people to get through such a tragic event. In fact, many couples get divorced after the death of a child because they *can't* communicate their sadness. The healthiest optimism comes not by blocking out our emotions but by accepting and expressing them.

Avoid phony pep talks

Truly successful people don't engage in Pollyanna speeches about how wonderful things are when, in fact, they're not. It's wrong to think that merely lifting your chin and having the right attitude will make everything fine. Instead, be honest with yourself and others. Say, "We've got a mess on our hands, but if we roll up our sleeves and get to work, we can do something about it."

Allow for regular renewal

Optimists know that it's important to nurture themselves. As a therapist, I see many patients who don't do this, and as a result, they lose interest in sex, get bored with their work and grow discouraged about the future.

People who keep their optimism over the years are those who regularly make time for themselves. That means doing whatever *you* find relaxing and invigorating—whether it's curling up on the couch with a novel, starting a new hobby or taking a ballroom-dancing class.

Attach yourself to hopeful people

Optimists do not spend much time around negative *(continued)*

From the book THE POWER OF OPTIMISM: HOW YOU CAN BRING OUT THE BEST IN YOURSELF by Alan Loy McGinnis, to be published this month by HarperSanFrancisco. Copyright © 1990 by Alan Loy McGinnis. By arrangement with HarperSanFrancisco.



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(continued) people. This is not to say we should drop all our unhappy friends; however, we all know certain folks who pep us up and make us feel our powers. Optimists, when given a choice, spend time with those who breathe hope into them.

Change intellectual habits

The happiest, most successful people tend to be those who constantly strive to expand their interests and knowledge. One couple who thought their evenings were getting dull agreed to turn off the TV every night for an hour and spend the time reading something aloud. "We read some philosophy and some theology, and really got into Churchill's history of World War II," she says. "We've found that our powers of concentration have increased, and many evenings we never turn on the television."

Feed your spiritual side

Many optimists find that the introspection that accompanies religious and spiritual beliefs creates a more enthusiastic and hopeful outlook. You don't have to go to church for this. You can find spiritual nourishment by reading or meditating.

Take a break from your routine

By making a few simple changes, you can gain a fresh perspective on your life and your relationships. See different people, eat in new restaurants, read other newspapers, take on fewer projects and do them better, stay up late some nights, get up before dawn some days. Do anything to stimulate your mind.

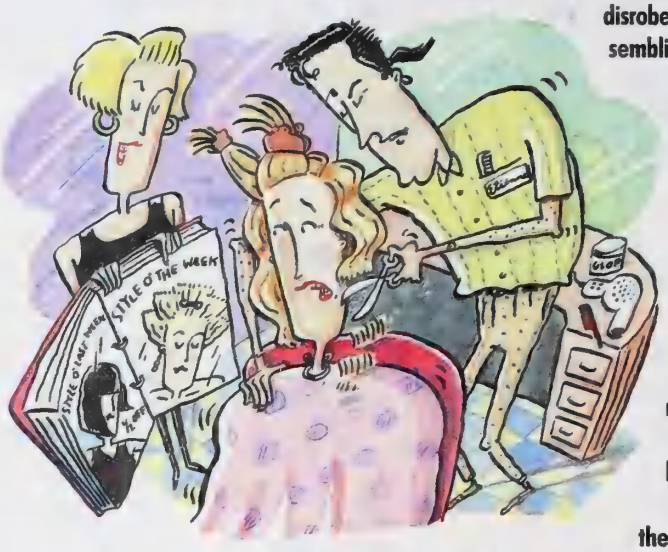
—ALAN LOY MCGINNIS

THE UNKINDEST CUT

I am seriously considering letting my hair grow down to my waist—the way it was when I was in high school. This is not out of any particular desire to recapture my youth, but rather a very keen desire to avoid the beauty salon.

Whenever I go in for a haircut, I have the feeling that I am about to undergo a hostile makeover, where the hairdresser completely ignores what I want and cuts my hair the way he or she thinks it would look best. The last time I requested a trim, for instance, I ended up with a hairdo somewhat shorter than Major Dad's crew cut.

The intimidation begins the moment I sit in the chair. Never have I gone to a new hairdresser who hasn't recoiled in horror at how my hair has been cut in the past (presumably, I'd simply stood in front of a wheat thresher and hoped for the best) and at how dreadfully it's been maintained. The



first question I'm asked—accusingly—is, "What kind of shampoo and conditioner are you using?" The times I've had the gumption to admit that I don't use conditioner, the stylists look at me as though I'd confessed to a cardinal sin.

My problem is that I have a belief (so far unfounded) that somewhere out there exists my perfect haircut—the right combination of bangs and waves and curls and layering that will change my life, or at least provoke rapturous growls from my husband.

So, every couple of years, when I hear tales of the latest genius hairdresser, I forsake my nice safe salon for one so chic it takes a month and three references to secure an appointment. And I'm not alone. Several years ago, a friend, who was recently divorced, wanted a new look. Hearing of a fabulous new hairdresser—he had an eight-week waiting list, required recommendations and a deposit—Lynn made an appointment. The stylist, whom we'll call Henri, gave Lynn the worst haircut of her life—one that left her with the contours of a poodle after electroshock therapy. That night she ran into a friend who took one look and said, "Oh, Henri must have cut your hair. He's been having a *very* bad month."

Obviously, those in search of miracles from haughty men and women wielding scissors and foaming at the mousse deserve almost whatever they get. I may be expecting too much. Just as the doctor cures my health problems, I believe the hairdresser will fix my hair troubles. But I don't think this is solely my fault.

After all, at the salon I am required to disrobe and slip into something resembling a hospital gown. And like my gynecologist's office, there is an infernal wait in the reception area and an equally distressing choice of reading matter. The doctor offers medical journals filled with descriptions of diseases I'd hate to have and am sure I will get; the hairdresser offers magazines filled with exquisite haircuts I'd love to have but am sure I won't.

Now, I don't want to give the impression that I've never had a good haircut. I've had many. Well, several. Okay, three. But the just-out-of-the-hairdresser look lasts five, maybe ten, minutes—tops. As I walk up the street, I want desperately to be spotted by old boyfriends or Hollywood directors looking for an unknown with perfectly manicured bangs. This happens far less frequently than one might hope.

When my husband comes home, I wait for him to take note. He doesn't. After a few disgusted minutes I ask if he notices anything different about me. "New dress?" he suggests. "New shoes? You've lost weight?"

"I just got my hair cut."

He looks at me blankly. "Oh," he says, "I liked it better before." —JOANNE KAUFMAN ▶

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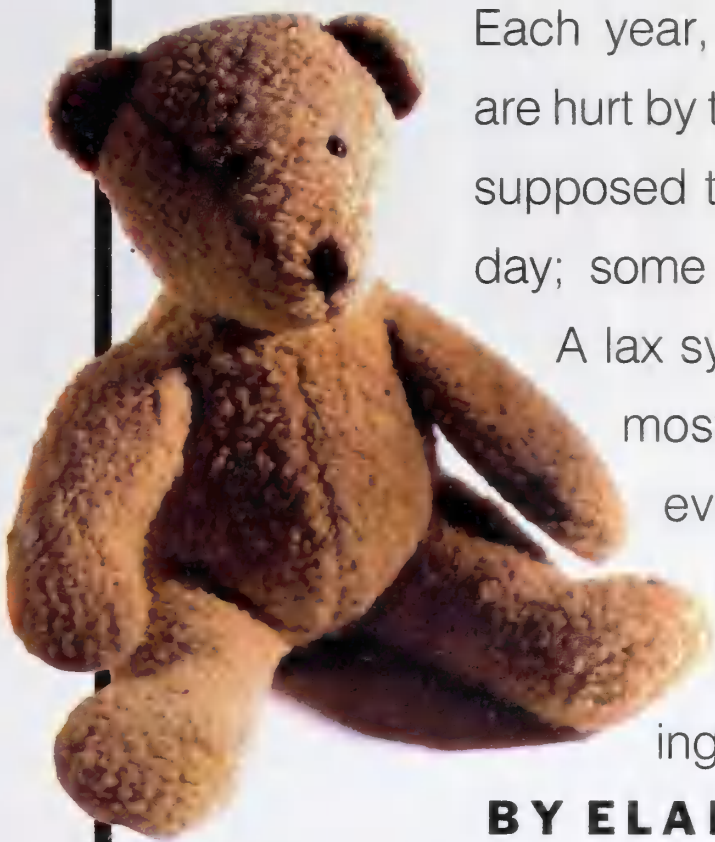
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Ladies'
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October
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EVERY MOTHER'S NIGHTMARE



Each year, thousands of children are hurt by the baby-sitters who are supposed to take care of them by day; some are even killed. Why? A lax system of laws allows almost anyone—sometimes even convicted child abusers—to offer family day care. A disturbing report you must read

BY ELAINE F. WHITELEY





Mary Ellen Bartley

"IT SEEMS LIKE A DREAM THAT WE ONCE HAD A LITTLE BOY," SAYS A MOTHER WHOSE CHILD WAS KILLED

When Karen Duncan returned to work in January 1988, she thought she had found the perfect sitter for her five-and-a-half-month-old twins, David and Amanda. The babies were especially precious to Karen, then twenty-nine, and her husband, Larry, forty-four, because they had tried for three years to have kids and had succeeded only through in vitro fertilization.

Karen, an electronics-company stockroom supervisor who lives in Canyon Country, California, found Vickie Maas, then twenty-eight, a family day-care provider, through an ad in a local paper. Although Vickie was unlicensed, Karen didn't feel that was a problem. Warm and friendly, Vickie didn't appear fazed by the prospect of caring for two more babies in addition to her own little girl (age two and a half) and another toddler.

But two days after Karen started work, she sensed something was wrong when she went to pick up the twins. David appeared lethargic, and Vickie said he had vomited earlier that day. The next morning, when the infant threw up again, Karen thought he might have the flu. But she and Larry left the children with Vickie, planning to call the doctor as soon as his office opened.

They never got the chance. As Karen and Larry were waiting outside the building where they both worked, a colleague ran over. Vickie had called to say David had stopped breathing.

By the time the panic-stricken parents reached the hospital, their baby was brain-dead. Doctors said his brain had been swelling for nearly twenty-four hours from severe trauma. In shock, the Duncans signed papers to donate their son's organs. "If David was going to die, maybe part of him could live on," Karen now says quietly.

Their nightmare, however, had scarcely begun. To their horror, the Duncans learned that David's injuries had resulted from his being severely shaken and—worse—that they were suspects in his death. As the parents clung to each other in the hospital, the sheriff's deputies arrived. Did they hit the twins? Did they discipline them? "I remember thinking, Discipline them? They're only five months old," Karen says.

The Duncans were cleared of all suspicion the next day, however, once the detectives began questioning Vickie. She kept changing her story, at one point even blaming *(continued on page 219)*

MELANIE



AT THIRTY-THREE, THE ADORABLE ACTRESS HAS STOPPED LOOKING FOR SOMETHING WILD. SHE'S STARRING IN TWO HOT MOVIES BUT SAYS SHE GETS HER GREATEST PLEASURE FROM HER CHILDREN—AND HER SECOND MARRIAGE TO HER FIRST LOVE, DON JOHNSON

MELLOWS OUT



BY BONNIE SIEGLER

"So sorry I'm late," whispers Melanie Griffith as she wheels in her sleeping one-year-old daughter, Dakota, from a daily constitutional in New York City's Central Park.

Griffith is in town to play Tom Hanks's scatterbrained mistress, Maria, in the film version of Tom Wolfe's *Bonfire of the Vanities*, but from the looks of things the actress's mind is at least as much on motherhood as it is on movies.

Consider the books on the coffee table of her hotel suite: *Your Child's Self-Esteem* and *What to Expect the First Year*. Consider the high chair sitting near the kitchenette. Consider the menagerie of stuffed animals and the crayon etchings of elephants—the gifted artist is Griffith's six-year-old son, *(continued on page 216)*

oto, Volkmann/Sygma; hair, Rodney Martin for Pipino-Buccheri; makeup, Mary Greenwell; prop stylist, Joan Scherman.

MY SISTER'S LEGACY

By Nancy Brinker

BREAST CANCER RAN IN OUR FAMILY. MY SISTER WAS DEAD AT THIRTY-SIX . . . NOW I HAD MY OWN BATTLE TO FIGHT



The first time I heard the words *breast cancer* was back in 1956. I was ten years old and living in Peoria, Illinois, with my parents and my sister, Susan. Suzy was three years older, but she was a lot smaller than I was, because she'd been born premature. I, on the other hand, had all the grace and poise of a baby elephant, weighing in at over one hundred pounds in second grade. But I had a quick, curious mind, and I think in some ways more was expected of me.

That night, Suzy and I were informed that we were going to visit our favorite relative, Aunt Rose, all the way in New York City. My mother came into our bedroom after dinner to speak to us about Aunt Rose. Though she felt and looked great, Rose had been very sick with breast cancer and had recently had an operation called a mastectomy. I wasn't sure what a mastectomy was, but I *(continued)*

From the forthcoming book THE RACE IS WON ONE STEP AT A TIME. Copyright © 1990 by Nancy Brinker, to be published by Simon & Schuster. Printed with permission.



A tale of two sisters, clockwise from far left: with their father in 1952 (Suzy, left); together in 1975 (Nancy, right); Nancy today; Nancy with Mrs. Reagan at a Susan G. Komen Foundation Awards Luncheon

(continued) could tell, even then, that the subject was uncomfortable for Suzy; any subject with even a hint of pain upset her terribly.

By the time we saw Aunt Rose laughing and flirting with her new husband (her fourth), all thoughts of her sickness passed from our minds. Then, on our third night in New York, Suzy and I got into a little squabble. She marched off to tell Aunt Rose. All of a sudden Suzy came tearing back to our room in a frenzy. I had never seen her so upset. She reported that she had accidentally seen the scars on Aunt Rose's chest, and they were terribly gruesome. Naturally, I tiptoed back to get a quick peek. Suzy wasn't kidding. Not only were the scars severe, but her chest looked concave and burned from her high-voltage cobalt treatments. I could even see her heart beating through thin, purple skin.



When Nancy's personal battle became a public mission, many women joined in her fight; left, Nancy with her mother and the late actress Jill Ireland.

Aunt Rose had been given a Halsted radical mastectomy: Not only the breast but all of the underarm lymph nodes, the chest muscles and some fat and skin were removed. Today I realize that her procedure was poorly done. But as I walked back to Suzy, I heard Aunt Rose singing happily to her husband. I decided Aunt Rose didn't need my sympathy. If her mastectomy didn't bother her, why should it bother me? But Suzy never got over it.

A terrible discovery

As we got older, Suzy and I became as close as two sisters can get. She was beautiful, and kind to everyone. She was our high school homecoming queen; I was a tomboy and a mischief-maker.

Suzy came back to Peoria when she graduated from college and got a job modeling. Eventually, she married her college sweetheart, Stan Komen, and they had a very good marriage. They couldn't have children, so they adopted two beautiful babies, Scott and Stephanie. Suzy had everything she wanted: a loving husband and a family of her own.

After graduating from college I packed up my bags and moved to Dallas. I got a job at Neiman Marcus as an executive trainee and worked up to assistant couture buyer. It was there that I met my first husband. The marriage, by all counts, was a mistake, except for one wonderful miracle—my son, Eric.

Suzy and I both had a common condition: benign breast lumps. As if it were yesterday, I can remember Suzy's phone call one afternoon. Her doctor had found a lump that was *not* a cyst. He recommended a biopsy. I decided to fly home to Peoria, and when I got off the plane my father was waiting. He didn't have to say a word. The year was 1977, and, at the age of thirty-three, Suzy had breast cancer.

Our family had been treated our whole lives by one doctor—a nice man and a fine physician. He was an older doctor who still made house calls. Although Suzy trusted him, his knowledge of breast cancer was limited—a fact that he freely admitted.

He called in a surgeon to review Suzy's case. Dr. Smith (not his real name) told us after her initial surgery that in his opinion her cancer had not metastasized to other parts of her body.

Suzy was so afraid of losing her whole breast that she had decided to have a subcutaneous mastectomy (tissue is removed but the outside of the breast remains), then an implant ten days later. Suzy felt it was her best option. I wanted her to get out of Peoria and get a second opinion at a comprehensive cancer center, but she wanted to stay where she was comfortable and loved.

After Suzy's surgery, Dr. Smith walked confidently into the room and said to us, "You can relax, I believe we got it all. I believe she's cured." There was no other treatment recommended. My heart sank because I knew enough to realize that *cure* is a very difficult word to use about cancer.

Her brave struggle

In six months Suzy found a lump under her arm, and she was terribly shaken. She and her husband went immediately to the Mayo Clinic, in Minnesota. There was a tumor the size of a quarter in the upper part of her right lung and suspicious shadows elsewhere.

As Suzy struggled to survive, she gained inspiration from the bravery of former First Lady Betty Ford. Suzy said, "If Mrs. Ford can admit she has breast cancer and tell the whole world she intends to fight it, well, then, so can I."

Radiation therapy was prescribed, but it didn't slow her disease. Finally, another physician in Peoria suggested she try M.D. Anderson Comprehensive Cancer Center, near me in Texas, and I got her an appointment with an oncologist, George Blumenschein.

Dr. Blumenschein and his associates made Suzy a partner in every decision. He told her that she had only a 25 percent chance of survival—but if she wouldn't give up, he wouldn't either. Thus began a saga of intense (continued)



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(continued) chemotherapy followed by more radiation.

Suzy experienced many of the devastating effects of chemotherapy: nausea, mouth sores and hair loss. She bore up under the strain with all the dignity and grace she could manage, although I know she was devastated.

Between trips to Houston, Suzy tried to resume a normal life, doing charity work and spending long afternoons with terminally ill patients at the hospital in Peoria. To this day I hear from the families of people Suzy sat with.

I visited her whenever I could. I was divorced at this time, and Eric was just four years old. He was confused about why I was gone so much. I tried to explain that Aunt Suzy was very sick and needed me. I know it was very difficult for Eric, and I was terrified of getting cancer myself. I had found three lumps, but breast biopsies revealed the tumors were benign.



"Poor Eric was so frightened. All he knew was that Aunt Suzy had breast cancer and she died, and now his mother had the same disease." Nancy and Eric, 1988.

For about fifteen months the Houston team was successful in slowing the cancer. Then Suzy began a painful downhill battle. The cancer broke through her skin, resulting in sores all over her chest.

Whenever I came to Peoria, Suzy insisted on riding in the car to and from the airport, even though she could do little more than lie in the back seat. It was her way of saying that she was still there for me if I needed her. I did.

One particular Sunday afternoon on the way back to the airport, Suzy spoke to me about doing something to help all the women she'd gotten to know who were sick with breast cancer. This practically tore my heart out. When my father pulled up to the curb, I kissed them both good-bye and was almost inside the airport when I turned around. There was Suzy, standing up outside the car on wobbly knees, wig slightly askew. With her arms outstretched, she said gently, "Good-bye, Nanny. I love you." I ran back and hugged her so hard that I was afraid she might crumble. Then I went to catch my plane.

I never saw my sister alive again. After nine operations and three courses of chemotherapy and radiation, she had lost the war. I wanted to do something. I was haunted by the last conversation I had with Suzy and lay awake at night wondering what I could do to help other breast-cancer victims.

A beginning

At a time when I needed a friend more than anything else, I met Norman Brinker, an extremely successful businessman. Norman and I had a special bond. He had been married to the tennis star Maureen (Little Mo) Connolly and lost her to ovarian cancer in 1969. Norman, more than anyone else, understood my pain. We could talk about anything, and he taught me to laugh again. We got married on Valentine's Day in 1981.

I still wanted to do something about Suzy's dream, to improve the way women with breast cancer were treated. I didn't know where to begin. Norman suggested that I start a charitable fund for breast-cancer research. Of course.

I realized I'd better learn a lot more about this disease. Breast cancer, I found, was the second leading killer of women in the United States. In 1960, one in twenty women were diagnosed with the disease, but in 1990 the figure would rise to one in ten.

Together with a few friends, we began our still rather undefined "project" with $200 in cash, a borrowed typewriter and a shoe box. By the end of 1983, the fund, which I called the Susan G. Komen Foundation, had reached $150,000 (today the figure is over $7 million), and Betty Ford, Marilyn Quayle and many others had joined our efforts.

Tragedy was my teacher

It was a cold night in January. Norman and I had just gotten into bed, and as I pulled up the comforter, I felt a small, hard lump in my left breast. I sprang out of bed screaming, "Oh, my God, I have a lump!" Norman told me to calm down and to call M.D. Anderson in the morning. At the crack of dawn, I phoned Fred Ames, a surgeon who'd been monitoring my breasts because of my family history. He said to come right down.

At first, Dr. Ames thought it was another benign tumor. He wanted to watch for changes. A few weeks later, it seemed to be getting bigger, so I had it biopsied. Afterward, I said, "Another false alarm, right?"

Dr. Ames said grimly, "No, Nancy, it's not. It's cancer."

I was so scared and angry. All I could think about was Suzy. I checked myself into the hospital right away and went through a whole battery of tests. Though I was aware a lumpectomy was an option, I felt most comfortable with a mastectomy. My tumor was located very close to the nipple, so the cosmetic advantages of a lumpectomy, in my case, did not apply.

The next thing I remember is being wheeled into the operating room the *(continued on page 214)*



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THE HOUSE OF OUR DREAMS



WHEN THE SCHELLENBERGS BOUGHT THEIR 1850s FARMHOUSE IN MICHIGAN, THEY DISCOVERED THAT IT HAD BEEN FEATURED IN THE JOURNAL IN 1930! SO, TO CARRY ON TRADITION, THEY ASKED US TO HELP MAKE THEIR NEW HOUSE AN INVITING HOME



Above: The March 1930 issue of LHJ featured the Wallins' renovated living room. Right, a few additions for the nineties with old-world elegance—cozy wing chairs and a classic sofa

Growing up in Jenison, Michigan, Kathleen Schellenberg dreamed of living in the farmhouse behind the big stone gate near her home. So when the Wallin family decided to sell the property (they had owned it since the twenties), Kathleen told her husband, Robert, that they simply must see it.

The Schellenbergs fell in love with the house—the perfect place to raise Robby, five, and Jillian, nine months—and bought it. The next step: how to furnish it? After all, it's hard to make a home your own when it belonged to another family for generations. Kathleen found out that LHJ *had featured the home sixty years ago and knew we'd be able to help her decorate today in a classic yet personal style . . . the rest is history.*

Rooms designed by Susan Moushon, Israels Designs for Living; floral design, Shirley Kok, Eastern Floral and Gift Shop. Right: sofa, Hickory White; wing chair, ottoman, Century Furniture; leather lounger, Burris Industries; lamps, Frederick Cooper; clocks, Howard Miller Clock Co.; linens, cushions and throw, The BeBe Winkler Collection. Details, page 201.



BY LAUREN PAYNE
DECORATING AND
DESIGN EDITOR



Part of the charm of the Schellenbergs' home is the magnificent landscape—the house faces the Grand River and is surrounded by lush greenery, wooded groves and golden cornfields. (The property consists of three hundred acres; the Schellenbergs and another couple are developing much of this land into condos and a golf course.) The view is perfect from nearly every room but especially engaging from the dining room (above), with its dramatic windows and picturesque French doors, and, of course, from the sun room (right). The soft shades of champagne and rose that warm up the living room are echoed in the dining room, and the gracefully carved mahogany furniture is well suited for special occasions. But for casual weekday meals and leisurely Sunday breakfasts when it's just family, Kathleen and Robert and the kids head straight for the cozy wicker on their sunny back porch. As you can see, the Schellenbergs, by paying homage to tradition and adding a bit of personal style, are paving the way for a legacy all their own.

Above: furniture, Century; all crystal, china and silver, Gorham, Inc.; wallpaper, F. Schumacher & Co.; linens, the BeBe Winkler Collection. Right: dinnerware and tureen, Vietri, Inc; bird cages, Garden Source Furnishings, Inc.; linens, Palais Royal.





AN EXCITING JOURNAL CONTEST

LET US MAKE YOUR DREAM COME TRUE



WE HELPED MAKE THE SCHELLENBERGS' DREAM COME TRUE, AND WE'D LIKE TO DO THE SAME FOR YOU! TELL US ABOUT YOUR HOME AND HOW YOU'D IMPROVE IT, AND YOU COULD WIN A ROOM REDECORATION BY J C PENNEY!

The best homes reflect the unique personality of the family that lives there. The Schellenbergs, for example, love an inviting look with traditional style—their home suits them just perfectly. What makes your home special? Write and tell us what makes it your dream house, which room you would like to redecorate and why.

■ *Send us color slides or photographs of the exterior of your home, as well as of the room you want us to decorate. (Interior photos must be taken from at least three different angles.) The room you want redecorated can be a living room, dining room, family room, bedroom or home office—no kitchens or baths. Tell us, in 500 words or less (typewritten), why this is your dream house. Include info about your family and your lifestyle.*

■ *Grand prize: a room makeover—valued up to $10,000—by JCPenney Custom Decorating.*

■ *First prize: a room makeover—valued at $5,000—by JCPenney Custom Decorating.*

■ *Second prize: a custom area rug, valued at $2,000, by JCPenney.*

FOR DETAILS ABOUT OFFICIAL RULES AND ENTRY FORM, TURN TO PAGE 194.

Above: A grand staircase is the elegant focal point of the Schellenbergs' foyer. Right: The dining room is set down to the last detail to serve a memorable meal





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"We started with the existing color scheme in his house."



Stewart Solle,
Half Moon Bay, California
"It's nice to work with someone you can trust."



Anne Wilhelm
Decorating Consultant
JCPenney Custom Decorating



...home.

...aperies, pleated
...ades, vertical
...nds, carpeting and
...en custom area rugs I was able to show Stewart,
... began to narrow down the options.

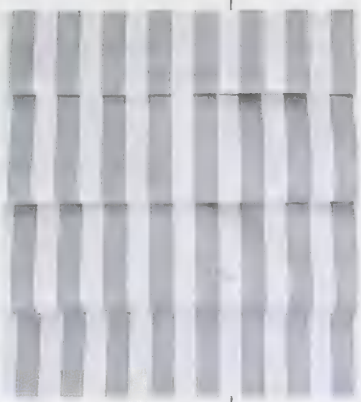
...ecorating takes teamwork and ...e sharing of ideas.

"Based on his choice of cabinets, tiling and ...llpaper, we created a more dramatic scheme with ...aperies in another color.

"He wanted to keep an open view of the golf ...urse from the family room. So we agreed on ...stom valances with bold gray and white stripes. But ...he living room, he needed something very elegant and traditional. To accent the high ceilings, I suggested double balloon valances with bishop-sleeved draperies and sheers."

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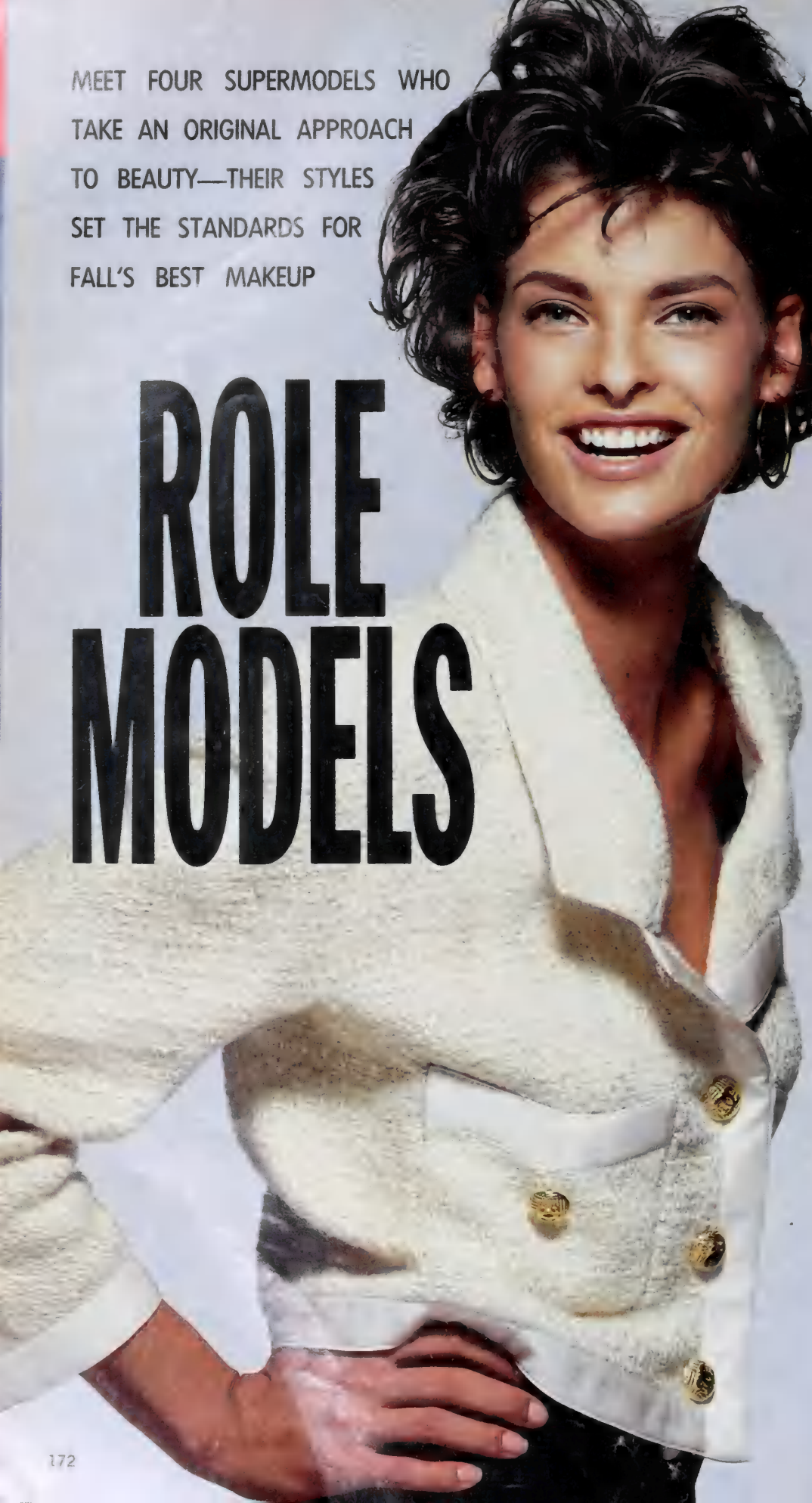
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Why some women look lik
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hey just stepped out of a salon.
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MEET FOUR SUPERMODELS WHO TAKE AN ORIGINAL APPROACH TO BEAUTY—THEIR STYLES SET THE STANDARDS FOR FALL'S BEST MAKEUP

ROLE MODELS



ELITE IS A FITTING NAME FOR THE NYC MODELING AGENCY THAT REPRESENTS LINDA EVANGELISTA, MICHAELA BERCU, NAOMI CAMPBELL AND GAIL ELLIOTT. THE FAB FOUR HAPPEN TO BE THE HOTTEST MODELS AROUND. WHAT MAKES THEM SO SPECIAL? NOT BLOND, BLUE-EYED PERFECTION, BUT THE SIMPLE FACT THAT THEY ARE BEAUTIFULLY DIFFERENT. LOOKING REAL, NOT IDEAL, IS THEIR CLAIM TO FAME, AND EACH ONE BREAKS THE RULES WHEN IT COMES TO BEAUTY. NYC MAKEUP PRO SOPHIE LEVY (FOR BRUNO DESSANGE), WHO CREATED THE LOOKS ON THESE NINE PAGES, SAYS: "TODAY IT'S THE MODELS THAT SET THE TRENDS IN BEAUTY, INSTEAD OF MAKEUP AND HAIR LOOKS DICTATING THE TRENDS IN MODELS. THE APPEAL OF THESE GLAMOUR GIRLS IS THAT THEIR LOOKS ARE UNIQUE AND MEMORABLE." SOPHIE TAILORED THE SEASON'S RICH NEUTRAL PALETTE TO SUIT EACH MODEL'S STYLE. THE STUNNING RESULTS ARE ANYTHING BUT PREDICTABLE. ALL PHOTOS, PATRICK DEMARCHELIER. HAIR, DIDIER MALIGE FOR JEAN LOUIS DAVID.



BY LOIS JOY JOHNSON
BEAUTY AND FASHION DIRECTOR

LINDA EVANGELISTA Though this twenty-five-year-old Canadian probably looks fabulous first thing in the morning, the natural look is not her style. "When I go out at night, I like false eyelashes, strongly shaped brows, lots of eyeliner, my hair set in rollers, the whole bit!" she told us. It's no wonder, says Sophie, that eyeliner and brow makeup are the new must-have cosmetics. All makeup, Maybelline: Moisture Whip Liquid Make-up in Beige; Moisture Whip Translucent Pressed Powder in Medium; Sleek Cheeks Powder Blush in Apricot Glow; Blooming Colors Eye Liner in Black; Blooming Colors Eye Shadow in London Fog; Brow & Liner Pencil in Dark Brown; Fresh Lash 24 Hour Mascara in Very Black; Precision Lip Liner in Mocha; Moisture Whip Lipstick in Mocha Ice. Left: Jacket, Chanel. Above: Cream sweater with silk collar, Matsuda.



IT'S EASY TO SEE WHY TWENTY-YEAR-OLD MICHAELA BERCU HAS SUPERSTAR STATUS. SHE'S CERTAINLY THE EPITOME OF CAREFREE BEAUTY, WITH HER PRETTY TOUSLED MANE OF TUMBLING BLOND CURLS, PERFECTLY GOLDEN SKIN AND PRIZEWINNING SMILE. BUT IF YOU THINK SHE'S JUST ANOTHER PRETTY FACE FROM THE CALIFORNIA COAST, WE'VE GOT NEWS FOR YOU. MICHAELA HAILS FROM ISRAEL, SPEAKS FOUR LANGUAGES FLUENTLY AND FLAUNTS SUCH UNCOMMON-FOR-A-MODEL FEATURES AS A STRONG NOSE, A WIDE, SEXY MOUTH AND A VOLUPTUOUSLY CURVY BODY. NOT SURPRISINGLY, MICHAELA LIKES A VERY NATURAL LOOK. BUT DON'T LET HER FOOL YOU—NATURAL DOESN'T MEAN NO MAKEUP. THE TRICK, ACCORDING TO SOPHIE, IS SHEER APPLICATION AND CAREFUL BLENDING. "THE AUTUMN HUES MAY BE EARTHY," SAYS SOPHIE, "BUT APPLYING THEM WITH A HEAVY HAND IS THE WORST MISTAKE YOU CAN MAKE."



MICHAELA BERCU This fresh-faced beauty certainly has something to smile about! Sophia used a range of tawny shades that complement Michaela's complexion and put the spotlight on her full, arched brows and wonderful mouth. Michaela admits she loves soaking up the sun, "even though I know it isn't healthy. It's just so humiliating to be at the beach in Israel where everyone is tan and I'm pale!" she says. Well, a *little* sun isn't so bad! All makeup, Cover Girl: Perfecting Make-Up in Flawless Classic Beige; Oil Control Colorless Finishing Powder; Soft Radiants Sheer Color Blush in Tawny Moon; Soft Radiants Duo Eye Shadow Kit in Smoke/Rose Ember; Pro-Lining Perfect Blend Eyebrow and Eyeliner Pencil in Light Brown. Black bustier, Dolce & Gabbana; rust quilted coat, Malisy; earrings, Eric Beamon at Showroom Seven.



MOVER-AND-SHAKER CHIC IS WHAT CHARISMATIC NAOMI CAMPBELL IS ALL ABOUT. DISCOVERED IN LONDON WHEN SHE WAS JUST FOURTEEN, THIS TWENTY-YEAR-OLD BEAUTY OF JAMAICAN AND CHINESE ANCESTRY IS A TRUE ORIGINAL. SHE KEEPS HER CURVY, LEGGY BODY IN SUPER SHAPE BY DANCING (SHE'S BEEN GOING TO TAP, BALLET AND JAZZ CLASSES SINCE SHE WAS FIVE YEARS OLD) AND WEARS SECOND-SKIN CLOTHING TO SHOW IT OFF! NAOMI MAKES A POINT OF CHANGING HER BRIMMING-WITH-ENERGY BEAUTY IMAGE ALL THE TIME, SO HER LOOK IS ALWAYS UNEXPECTED, ALWAYS ONE STEP AHEAD OF THE CROWD. "MY STYLE AT THE MOMENT IS VERY MOTOWN, VERY SUPREMES. I LOVE MY HAIR STRAIGHT WITH A FLIP," NAOMI TOLD US. "BUT I'LL CHANGE IT IN TWO MONTHS." NOT BEFORE WE SEE LOTS OF WOMEN ADOPTING NAOMI'S SENSATIONAL SIXTIES LOOK!





NAOMI CAMPBELL One look and you know she's a star. Her look is pure glam, and somehow Naomi manages to look sixties and nineties all at once. Sophie encourages an unconventional approach to beauty. "It's great to be inspired by other looks," Sophie explained to us, "as long as it suits *you* and you can make the style look current." All makeup, Max Factor: New Definition Perfecting Makeup in Honey Cocoa; New Definition Blush in Natural Tan; Powder Bar Face Powder; Visual Eyes Eye Shadow in Gray Flannel, Cafe au Lait and Perfect Pearl; 2000 Calorie Mascara in Blackest Licorice; Quick Draw Magic Eyeliner Pen in Magic Soft Black; Eyebrow and Eyeliner Pencil in Black; Lip Definer Lip Liner in Rose Berry; Moisture Rich Lipstick in Iced Mocha. Dress, Azzedine Alaia; earrings, Deana Hamra at Fragments.



ANOTHER KNOCKOUT FROM LONDON, TWENTY-FOUR-YEAR-OLD GAIL ELLIOTT IS BOTH THE MOST CLASSIC-LOOKING AND MOST EXOTIC OF THE FOURSOME. HER STRAIGHT, JUST-LIKE-A-MODEL'S NOSE, PERFECTLY FORMED MOUTH AND GRACEFULLY CHISELED CHEEKBONES PLUS LARGE, DARK, ALMOND-SHAPED EYES AND FLAWLESS HONEY-COLORED SKIN MAKE A STUNNING COMBINATION. ALSO NOT ONE TO GET STUCK IN A BEAUTY RUT, GAIL RECENTLY CUT HER BELOW-THE-SHOULDERS HAIR UP TO HER COLLARBONE, THEN TO HER CHIN, "JUST FOR A FLING," SHE SAYS. (CHIN-LENGTH HAIR IS ALL THE RAGE THESE DAYS.) GAIL'S RARE BEAUTY ALLOWS HER TO LOOK REFINED AND UPTOWN BY DAY, RED-HOT BOMBSHELL AFTER DARK. LIKE LINDA EVANGELISTA, GAIL FAVORS THOSE WELL-LOVED ACCESSORIES FROM THE SIXTIES: FALSE EYELASHES AND ROLLERS. DON'T YOU HAVE THESE BEAUTY BOOSTERS STASHED SOMEWHERE?



GAIL ELLIOTT A change of hairstyle meant a change of face for Gail—now that her tresses are trimmed to a very chic chin-length, all the attention is on her gorgeous eyes. (Sophie recommends revising a makeup look if you've cut your hair, because a new style alters the focal point of your face.) All makeup, L'Oréal: Mattique Illuminating Matte Makeup in Honey Beige; Visuelle Pressed Powder in Transparence Medium; Microblush Softly Sheer Cheekcolour in Chamois Rose; Couleur! Couleur! 8 Hour! Eye Shadow in Taupe Peche; Lash Out Mascara in Black; Le Grand Kohl Eye Pencil in Café; Créme Riche Lipstick in Golden Quartz Perle; Dress, Azzedine Alaia; earrings, Eric Beamon at Showroom Seven

TRADE SECRETS



LOOKING TERRIFIC *ALL* THE TIME IS THE KEY TO BEING A STAR MODEL. HERE, SOME INSIDE TIPS TO COPY: The models we photographed know individuality is what sets them apart from the rest. They play up their assets instead of worrying about their flaws (they *do* have flaws, but since they don't make a big deal out of them, no one notices). So do what they do, and emphasize what's special about you. If your great big smile is your best feature, play it up with a fabulous lipstick. Have uncontrollable curls? Work with styling gel to make the most of them rather than trying to force them into a sleek bob.

■ Beauty maintenance is what keeps all models, well, model-perfect. You can look your best all the time, too, if you follow a few simple rules: Condition your hair regularly and have it trimmed frequently, take scrupulous care of your skin and get plenty of sleep. Trying to catch up on basic beauty routines is frustrating *and* time-consuming.

■ Always be on the lookout for great toss-in-your-beauty-kit finds to keep your look modern. What you shouldn't be without: neutral matte eyeshadows, liner pencils, concealer, foundation, face powder. Models especially like any mini-size makeup that can be easily stashed in a handbag. What they love now: felt-tip liner pens, powder compact foundation and tinted gel brow groomer.

■ Don't underestimate the power of body language. How you sit, stand and hold your body affects your image, sends out signals about your energy and attitude. Keeping fit is the best way to ensure a flexible, graceful body. These models think dancing is the most effective, most fun option.

■ Beauty breakdown? Models sometimes feel fat and ugly, too, but instead of making matters worse by adopting every beauty fix-it trick in the book, they keep things simple, and you should, too. Rely on bare-minimum, neutral makeup, and wear clothing you *know* makes you look thin, sexy, successful. ■





Never assume the same look all the time—you'll become dated too quickly. Try new beauty trends and products. You'll find that you can look classic and modify new styles to work for you. After all, models must be able to wear a range of styles and play lots of roles—being versatile is part of the fun. The latest trend to try? Full, arched brows lushed up with pencil, and a real lined eye.



Romance keeps love alive



From the Chantilly fragrance collection.

CHANTILLY



Salt Was The First Condiment Known To Man. Do You Know The Second?

The earliest ancestor of present day soy sauce was documented in classics centuries ago. Making soy sauce perhaps the second condiment ever to attend a meal.



Once stored in cedar barrels, Kikkoman Soy Sauce is among the oldest living brands in history.

Of course, we know the history of soy sauce isn't a subject that crosses your mind every day.

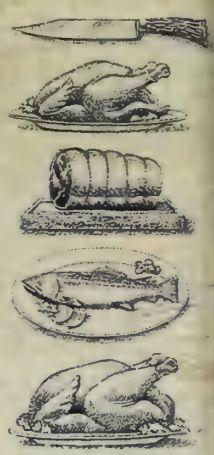
But, we think, the *way* we make soy sauce is a story to be mindful of the next time you go shopping. Unlike most soy sauces, which are produced in a matter of days, Kikkoman Soy Sauce is naturally brewed for nearly six months. Soybeans are blended with wheat in a mash and then fermented.

What results is a natural, aromatic flavor that celebrates (not conceals) the taste of your favorite foods. For those of you watching your sodium intake, we offer Kikkoman Lite. The same naturally brewed flavor, but with forty percent less salt.

Further food for thought. Kikkoman Soy Sauce isn't only for Oriental cooking. Quite the contrary.



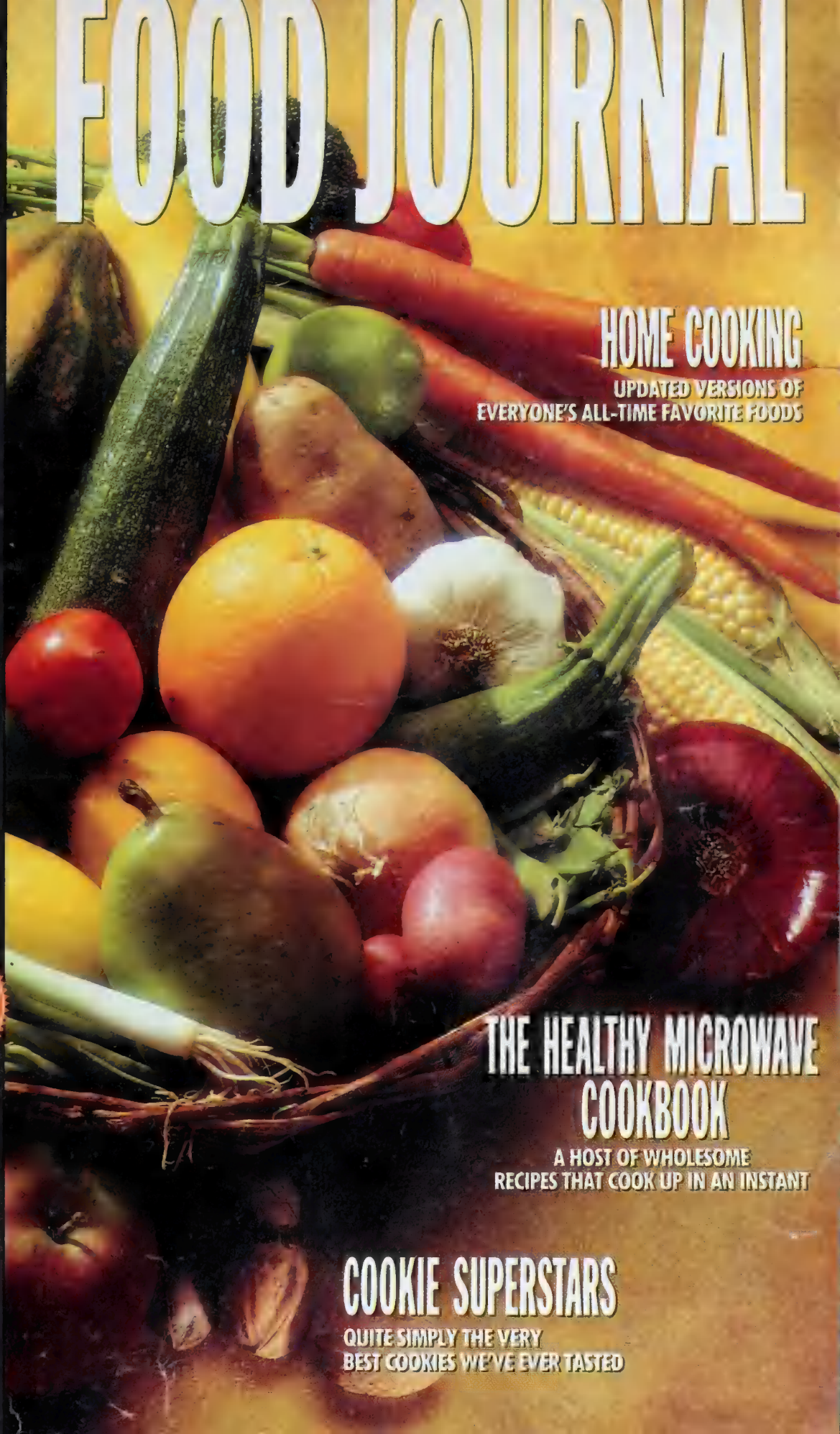
How many ways can one use Kikkoman? Have fun answering that one. To receive free Kikkoman recipes send a self-addressed stamped envelope to: Kikkoman International Inc., Dept. CS2H, P.O. Box 784, San Francisco, CA 94101.



Whatever you cook and however you cook it, cooking with Kikkoman Soy Sauce elevates the essence of meats to a glorious level.



FOOD JOURNAL



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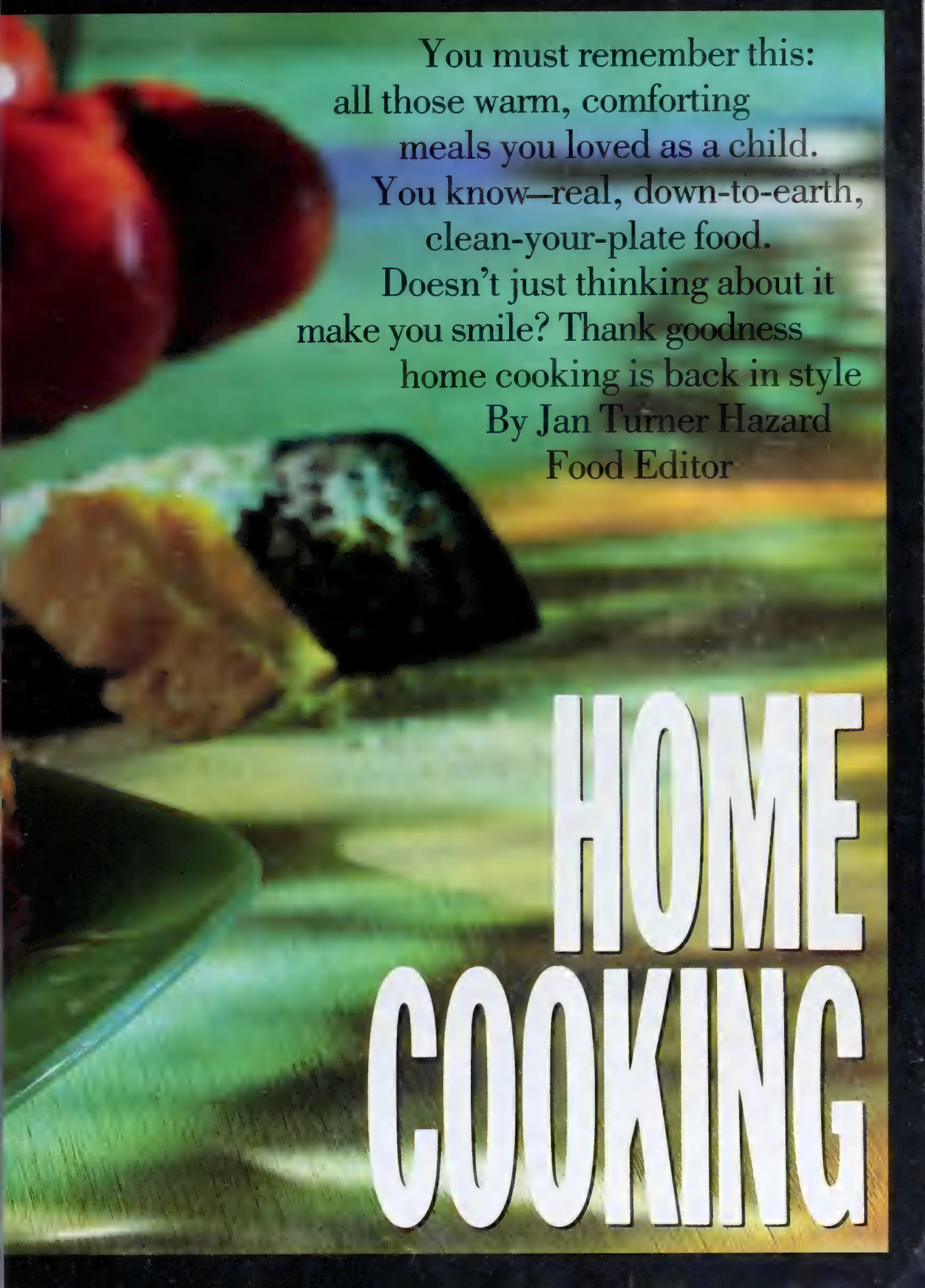
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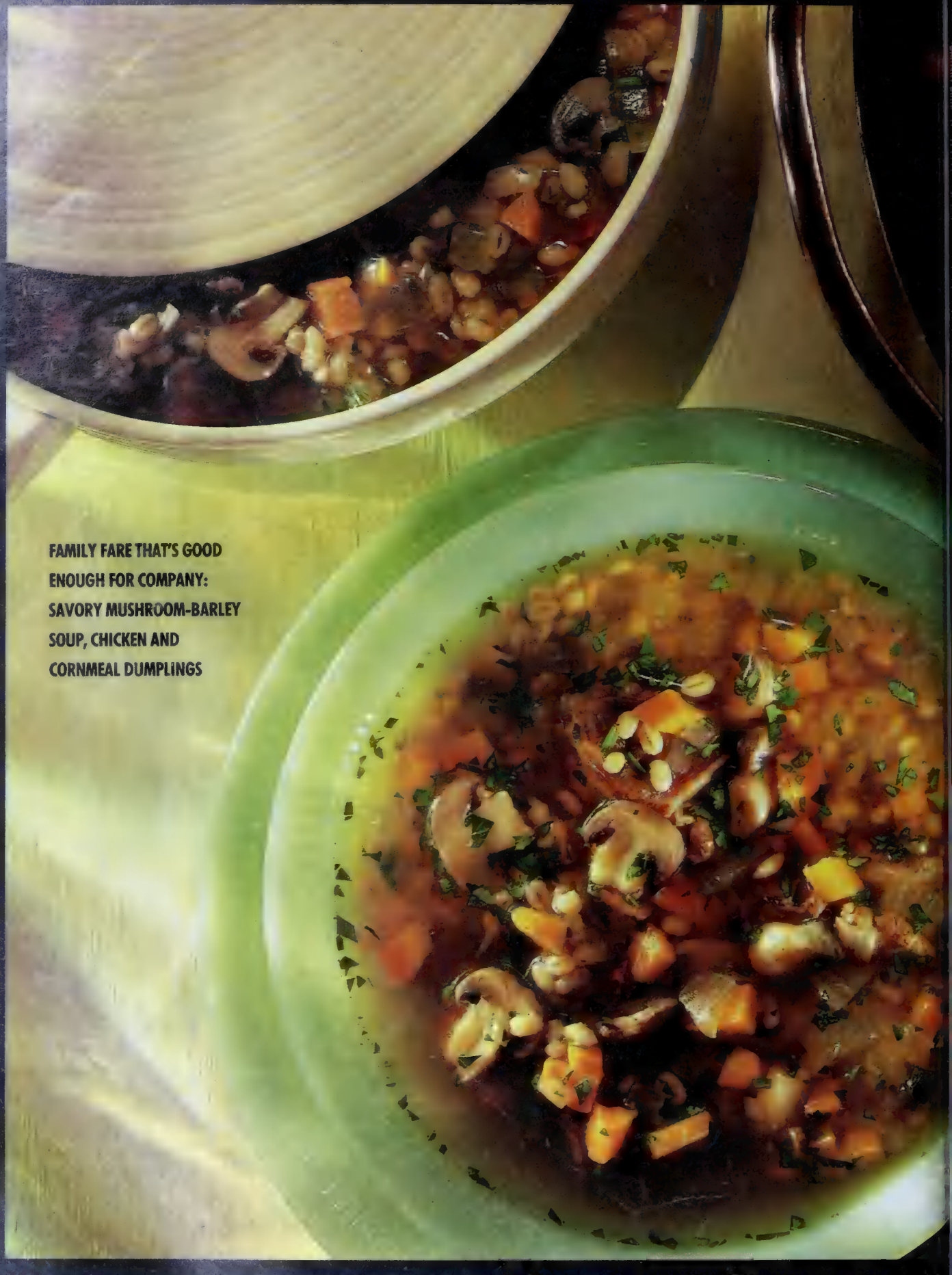


CLASSIC LASAGNE



You must remember this:
all those warm, comforting
meals you loved as a child.
You know—real, down-to-earth,
clean-your-plate food.
Doesn't just thinking about it
make you smile? Thank goodness
home cooking is back in style
By Jan Turner Hazard
Food Editor

HOME COOKING



FAMILY FARE THAT'S GOOD ENOUGH FOR COMPANY: SAVORY MUSHROOM-BARLEY SOUP, CHICKEN AND CORNMEAL DUMPLINGS

Food trends may come and go, but all you *reall*



need to know you learned in your mother's kitchen

Easy · Moderate · Challenging · Microwave

MAMA'S MEATBALLS AND GRAVY



All the wonderful flavor of Mother's meatloaf, plus savory gravy. Adding ground pork to the beef makes for moist meatballs. Divine!

Prep time: 20 minutes
Cooking time: 40 minutes

- 1½ pounds lean ground beef
- ½ pound ground pork
- 2 slices white bread, soaked in water and squeezed dry
- ½ cup minced onion
- 3 tablespoons chopped fresh parsley
- 1 large egg, lightly beaten
- ¾ teaspoon salt
- ½ teaspoon freshly ground pepper, divided
- Pinch nutmeg
- 1 tablespoon vegetable oil, divided
- 1 can (13¾ or 14½ oz.) beef broth
- 1 can (13¾ or 14½ oz.) chicken broth
- ¼ cup all-purpose flour
- ¼ teaspoon grated lemon peel
- ¼ teaspoon thyme
- Chopped fresh parsley, for garnish

Combine ground beef and pork, bread, onion, parsley, egg, salt, ¼ teaspoon pepper and the nutmeg in large bowl. Shape mixture into 1½-inch balls.

Heat 1½ teaspoons oil in large skillet over medium heat. Add half the meatballs and cook until browned, 6 to 8 minutes; drain oil. Transfer to plate. Repeat with remaining oil and meatballs. Add broths to skillet and return meatballs. Bring to boil, reduce heat and simmer covered 30 minutes. With slotted spoon, transfer meatballs to bowl. Strain and reserve cooking liquid.

Return ½ cup liquid to skillet. Whisk in flour until smooth. Cook over medium heat 1 minute. Slowly whisk in remaining broth, ¼ teaspoon pepper, and the lemon and thyme; simmer 5 minutes more. Return meatballs to gravy; heat through. Serve with mashed potatoes (recipe follows). Makes 6 servings.

Nutrition info per serving: 500 calories, 30 gm protein, 37 gm fat, 10 gm carbohydrates, 1,077 mg sodium, 148 mg cholesterol.

MASHED POTATOES

Prep time: 10 minutes
Cooking time: 30 minutes

- 3 pounds medium all-purpose potatoes, peeled and quartered
- Salt
- 1 cup milk, heated
- ¼ cup butter or margarine
- Dash freshly ground pepper

Heat potatoes with water to cover and 1 teaspoon salt to boiling in large saucepan. Cover and cook until fork-tender, 20 minutes. Drain. Return potatoes to saucepan; cook covered over low heat until all water is evaporated, 1 minute. Mash with potato masher. Add milk, butter, ½ teaspoon salt and the pepper, and beat until smooth. Makes 6 servings.

Nutrition info per serving: 225 calories, 5 gm protein, 9 gm fat, 33 gm carbohydrates, 383 mg sodium, 26 mg cholesterol.

SALMON CAKES



For added nutrition, mash the salmon and its soft, calcium-rich bones together before adding the remaining ingredients.

Prep time: 40 minutes
Cooking time: 6 to 8 minutes per batch

- 1 pound all-purpose potatoes, peeled
- Salt
- 1 can (15½ oz.) salmon or 2 cans (7 oz. each) tuna, drained and flaked
- 2 large eggs
- ¼ cup mayonnaise or salad dressing
- ¼ cup chopped green onions
- 3 tablespoons chopped fresh parsley
- 2 tablespoons fresh lemon juice
- ¼ teaspoon freshly ground pepper
- ¼ cup all-purpose flour
- 2 tablespoons milk
- 1½ cups fresh bread crumbs
- 2 tablespoons butter or margarine, divided
- Lemon wedges, for garnish

Heat potatoes with water to cover and 1 teaspoon salt to boiling. Cover and cook until fork-tender, about 20 minutes. Drain and mash. Combine potatoes, salmon, 1 egg, mayonnaise, green onions, parsley, lemon juice, pepper and ¼ teaspoon salt in bowl. Shape into six 3-inch patties and place on wax paper. Spread flour on large plate. Beat remaining egg with milk on another large plate; spread bread crumbs on another. Dip salmon patties into flour, then egg, then crumbs. Mel tablespoon butter in large skillet over m dium heat. Add 3 salmon patties a cook until browned, 3 to 4 minutes p side. Transfer to plate and keep war Repeat with remaining 1 tablespoon b ter and salmon. Serve with lem wedges. Makes 6 servings.

Nutrition info per serving: 310 calories, 18 protein, 17 gm fat, 21 gm carbohydrates, 471 sodium, 111 mg cholesterol.

OLD-FASHIONED MAC 'N' CHEESE



You don't have to start with elbow mac roni. Try jazzing up this traditional di with other pasta shapes such as bowtie corkscrews or ruffles. It's the crean goodness that makes it a classic.

Prep time: 20 minutes
Cooking time: 30 minutes

- 1½ cups elbow macaroni
- 4 tablespoons butter or margarine, divided
- ¼ cup all-purpose flour
- 3 cups milk
- 1 teaspoon dry mustard
- ¾ teaspoon salt
- ¼ teaspoon freshly ground pepper
- Pinch ground red pepper
- 1½ cups shredded sharp Cheddar cheese
- ¼ cup freshly grated Parmesan cheese
- ⅓ cup plain dry bread crumbs

Preheat oven to 375°F. Cook macaroni boiling salted water in large saucepa just until tender, 8 minutes. Drain an rinse under cold water.

Meanwhile, melt 2 tablespoons butte in large saucepan over medium hea Stir in flour and cook, stirring, 1 minute Gradually whisk in milk, mustard, sa and peppers. Bring to boil, whisking Boil 1 minute. Remove from heat an whisk in cheeses until melted an smooth. Stir in drained macaroni. Pou into shallow 2-quart baking dish. Me remaining 2 tablespoons butter, stir i bread crumbs and sprinkle over maca roni. Bake 30 minutes. Let stand 10 min utes. Makes 8 servings.

Nutrition info per serving: 310 calories, 13 g protein, 17 gm fat, 25 gm carbohydrates, 530 m sodium, 53 mg cholesterol.

(continued)


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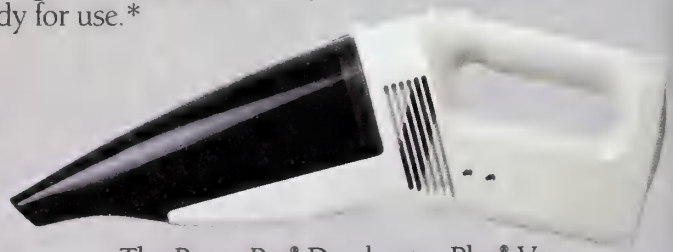


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EET-AND-SOUR PORK CHOPS



r mom's version of these oven-barbe-d pork chops may have been sweeter, we think you'll like ours, too. Try them a side of rice to enjoy the sauce.

p time: 15 minutes
king time: 50 minutes

teaspoons vegetable oil
pork chops, 1-inch thick (2 lb.)
Salt and freshly ground pepper
cup ketchup
tablespoons cider vinegar
tablespoon firmly packed brown sugar
teaspoon Worcestershire sauce
easpoon red pepper sauce (optional)
small onion, sliced thin
emon, sliced thin

heat oven to 350°F. Heat oil in large nproof skillet over medium-high heat. pork chops dry; sprinkle with salt and per. Add to skillet and cook until wned, 2 minutes per side. Transfer to e; drain drippings from skillet. Stir in hup, vinegar, sugar, Worcestershire, easpoon pepper and the red pepper ce into skillet. Bring to boil. Return ps to skillet; spread onion and lemon s on top. Cover and bake 45 minutes, chops are tender. Transfer chops to ing dish. Boil pan juices over high t until thickened, 5 minutes; pour over ps. Makes 4 servings.

tion info per serving: 610 calories, 34 gm in, 45 gm fat, 16 gm carbohydrates, 470 mg m, 145 mg cholesterol.

IT PEA SOUP WITH GARLIC OUTONS



is a great soup to have in your freezer en a dose of warmth is needed. You can use green or yellow split peas.

Prep time: 30 minutes
Cooking time: 1 hour

1 tablespoon vegetable oil
2 cups chopped carrots
1 cup chopped onions
1 cup chopped celery
½ pound baked ham, diced
1 tablespoon minced garlic
¼ teaspoon cloves
¼ teaspoon ground red pepper
1 pound green split peas, rinsed and picked over
2 cans (13¾ or 14½ oz. each) chicken broth
10 cups water
1 bay leaf
1 teaspoon salt
½ teaspoon freshly ground pepper

Garlic Croutons
3 tablespoons olive oil
1 teaspoon minced garlic
½ teaspoon salt
½ teaspoon freshly ground pepper
6 slices firm white bread, cubed

Heat oil in large Dutch oven over medium-high heat. Add carrots, onions, celery and ham and cook, stirring, 10 minutes. Stir in garlic, cloves and red pepper and cook 30 seconds. Add peas, broth, water, bay leaf, salt and pepper. Bring to boil; reduce heat and simmer uncovered, stirring occasionally, until peas are tender, 1 hour. Remove bay leaf. Puree 6 cups soup in blender in 2 batches and return to Dutch oven. Serve with Garlic Croutons. Makes 12 cups.

Garlic Croutons: Preheat oven to 425°F. Combine first 4 ingredients in large bowl. Add bread and toss to coat. Spread on 15x10x1-inch pan and bake 10 minutes, until golden, stirring halfway through.

Nutrition info per cup: 270 calories, 16 gm protein, 8 gm fat, 34 gm carbohydrates, 993 mg sodium, 12 mg cholesterol.

FRIDAY-NIGHT FISH CHOWDER



You can cook this New England–style soup—up to adding the fish—ahead of time, reheat and proceed with the recipe just before serving.

Prep time: 20 minutes
Cooking time: 45 minutes

3 slices bacon, chopped
1 cup finely chopped onions
¼ cup all-purpose flour
1 bottle (8 oz.) clam juice
1 cup water
1 teaspoon salt
½ teaspoon freshly ground pepper
½ teaspoon thyme
¼ teaspoon red pepper sauce
½ pound red potatoes, diced in ¾-inch pieces (3 cups)
1 pound cod or scrod fillet, cut into ¾-inch cubes
2 cups milk
2 tablespoons chopped fresh parsley
Thyme sprigs, for garnish (optional)

Cook bacon in large saucepan over medium heat until crisp; drain on paper towels. Pour off all but 1 tablespoon drippings from pan. Add onions to pan; cook until translucent, 5 minutes. Stir in flour and cook 1 minute. Gradually whisk in clam juice, water, salt, pepper, thyme and pepper sauce; bring to boil, whisking. Add potatoes; cook until tender, 25 minutes. Add fish; cook until opaque, 2 to 3 minutes. Stir in milk and heat through. Sprinkle with bacon and parsley. Makes 7 cups.

Nutrition info per cup: 230 calories, 17 gm protein, 6 gm fat, 26 gm carbohydrates, 523 mg sodium, 41 mg cholesterol.

TOASTED CHEESE SANDWICHES



Grilled cheese, grown up. Because these tasty sandwiches are broiled, not cooked in butter, they save calories.

Total prep time: 10 minutes

2 slices whole wheat bread, toasted
2 teaspoons whole grain mustard
2 slices (1-1¼ oz. each) Jarlsberg or Swiss cheese
2 thin slices red onion
1 plum tomato, sliced

Spread toast with mustard. Top with cheese, onion and tomato. Broil in toaster oven until cheese is melted, about 5 minutes. Makes 2 servings.

Nutrition info per serving: 125 calories, 7 gm protein, 5 gm fat, 13 gm carbohydrates, 250 mg sodium, 11 mg cholesterol.

CLASSIC LASAGNE

pictured on pages 184 and 185

Whether or not your mama was Italian, her lasagne was probably a (continued)

family favorite. You can make our tomato sauce ahead and freeze up to 3 months.

Prep time: 1 hour 20 minutes
Cooking time: 1 hour

Tomato Sauce
- 2 tablespoons olive oil
- 1½ cups finely chopped onions
- 1 cup finely chopped carrots
- 1 tablespoon minced garlic
- ¼ teaspoon red pepper flakes
- ½ pound ground beef
- ½ pound sweet Italian sausage, casings removed
- 2 cans (28 oz. each) plum tomatoes
- 2 tablespoons tomato paste
- 1½ teaspoons salt
- ½ teaspoon freshly ground pepper

- 1 package (12 oz.) lasagne noodles
- 2 containers (15 oz. each) part-skim ricotta cheese
- ¾ cup freshly grated Parmesan cheese, divided
- ⅓ cup chopped fresh parsley
- 1 large egg
- ½ teaspoon freshly ground pepper
- 2 cups (8 oz.) shredded part-skim mozzarella cheese, divided

Tomato Sauce: Heat oil in large Dutch oven over medium-high heat. Add onions and carrots; cook, stirring, until tender, 8 minutes. Add garlic and pepper flakes; cook 30 seconds. Add beef and sausage; cook until browned, breaking up meat, 10 minutes. Stir in tomatoes, paste, salt and pepper. Bring to boil. Reduce heat to rapid simmer and cook, stirring occasionally and breaking up tomatoes with spoon, until thickened, 45 minutes.

Meanwhile, cook lasagne according to package directions. Transfer noodles to large bowl of cold water. Combine ricotta, ½ cup Parmesan, parsley, egg and pepper in medium bowl.

Preheat oven to 400°F. Spread 1 cup tomato sauce in 13x9-inch baking dish. Reserve 1 cup sauce for top. Drain 4 lasagne noodles on clean kitchen towel and line bottom of baking dish with noodles. Spread one third of the ricotta mixture on top, then spread with one third of the remaining tomato sauce. Sprinkle with ½ cup mozzarella. Repeat layering noodles, ricotta, mozzarella and sauce twice. Top with fourth layer of noodles, spread with reserved tomato sauce and sprinkle with remaining ¼ cup Parmesan. Cover with foil. *(Can be made ahead. Refrigerate up to 24 hours. Remove from refrigerator 1 hour before baking.)* Place lasagne on baking sheet and bake 45 minutes. *(If made ahead, bake 1 hour and 15 minutes.)* Remove foil; sprinkle with remaining ½ cup mozzarella and bake uncovered 10 minutes more. Let stand 15 minutes before cutting. Makes 10 servings.

Nutrition info per serving: 575 calories, 32 gm protein, 30 gm fat, 42 gm carbohydrates, 1,267 mg sodium, 103 mg cholesterol.

SAVORY MUSHROOM-BARLEY SOUP

pictured on pages 186 and 187
Browning the meat and bones is what gives this robust soup its rich flavor.

Prep time: 25 minutes
Cooking time: 2 hours

- 1½ pounds bone-in beef chuck, cut into ¾-inch cubes
- Salt and freshly ground pepper
- 2 tablespoons vegetable oil, divided
- 2 cups finely chopped onions
- 1 cup diced carrots
- ½ cup finely chopped celery
- 1 pound mushrooms, sliced
- 1 teaspoon minced garlic
- ¼ teaspoon thyme
- 1 can (13¾ or 14½ oz.) beef broth
- 1 can (13¾ or 14½ oz.) chicken broth
- ½ cup pearl barley
- 3 tablespoons chopped fresh parsley

Sprinkle beef with salt and pepper. Heat 1 tablespoon oil in Dutch oven over medium-high heat. Brown beef and bone in 2 batches; transfer to plate. Heat remaining oil in same pot. Add onions, carrot and celery. Cover and cook, stirring occasionally, until tender, 5 minutes. Stir in mushrooms, garlic and thyme; cook covered 3 minutes more. Meanwhile, combine broths with enough water to equal 6 cups. Stir into pot with barley, ¾ teaspoon salt and ½ teaspoon pepper. Bring to boil, reduce heat and simmer covered until beef is tender, 1½ hours. Remove meat from bone; discard bone. Add meat to pot with parsley. Makes 10 cups.

Nutrition info per cup: 240 calories, 13 gm protein, 15 gm fat, 14 gm carbohydrates, 605 mg sodium, 40 mg cholesterol.

CHICKEN AND CORNMEAL DUMPLINGS

pictured on pages 186 and 187
A nostalgic Sunday dinner. To skim fat from chicken broth, place it in freezer for thirty minutes, then spoon off fat.

Total prep time: 1 hour 15 minutes

- 1 whole chicken (3 lb.), cut up
- 1 can (13¾ oz.) chicken broth
- 2 cups water
- 1 onion, quartered
- ½ bay leaf
- ½ teaspoon thyme
- ¼ cup butter or margarine
- 1 cup finely chopped onions
- ⅓ cup all-purpose flour
- 1 cup milk
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- 1½ cups thinly sliced carrots
- 1 package (10 oz.) frozen peas, thawed
- 1 package (10 oz.) frozen whole-kernel corn, thawed

Dumplings
- ½ cup all-purpose flour
- ½ cup yellow cornmeal
- 1½ teaspoons baking powder
- ½ teaspoon salt
- ⅛ teaspoon ground red pepper
- ⅓ cup milk
- 1 large egg, beaten
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped green onions

Combine chicken, broth, water, onion, bay leaf and thyme in Dutch oven. Bring to boil, reduce heat and simmer 30 minutes. Remove chicken, discard skin and bones, and cut meat into 1-inch pieces.

Meanwhile, strain broth and discard solids. Skim fat. Return broth to Dutch oven and cook over high heat until reduced to 2 cups, about 10 minutes. Remove broth and set aside.

Melt butter in same pot over medium heat. Add onions and cook until translucent, 5 minutes. Stir in flour; cook 1 minute. Whisk in reserved broth, milk, salt and pepper. Bring to boil, whisking. Add chicken, carrots, peas and corn. Bring to boil. Drop dumpling batter by spoonfuls on top; simmer covered 10 minutes, then uncovered 10 minutes more. Makes 6 servings.

Dumplings: Stir flour, cornmeal, baking soda, salt and red pepper together in bowl. Stir in milk and egg just until moistened. Stir in parsley and green onions.

Nutrition info per serving: 460 calories, 34 gm protein, 15 gm fat, 47 gm carbohydrates, 1,262 mg sodium, 140 mg cholesterol.

Dream-come-true contest
As seen on page 166

1. You can submit entries of these rooms only: living room, dining room, family room, bedroom or home office.
2. Send 35mm slides or color prints of the room of your choice. The pictures must be taken from at least three angles. Include also at least one photo of the exterior of your house. Send no more than twelve pictures total. Explain, in no more than 500 typewritten words, why this is your dream house. Include information on your family and your lifestyle. All photos and materials submitted become the property of *Ladies' Home Journal* and will not be returned or acknowledged.
3. Mail to *Ladies' Home Journal*, DREAM COME TRUE Contest, 100 Park Avenue, New York, NY 10017. Entries must be received no later than November 15, 1990. We will not accept responsibility for late, incomplete or misdirected mail.
4. Prizewinners will be selected by the editors of *LHJ*. Contest will be judged on content, clarity of expression, interest to our readers and general appeal. Decisions of the judges are final. *LHJ* will enter into no correspondence or phone communication about contest or judging.
5. By acceptance of their prize, winners consent to the use of their names, likenesses, photos and additional interviews and photos (to be taken by the *Ladies' Home Journal)* for publication in and promotion of *LHJ*.
6. There will be no substitution of prizes, and prizes are not exchangeable or transferable except at the discretion of *Ladies' Home Journal*. All prizes will be awarded.
7. Prizewinners will be required to sign an eligibility affidavit and a release.
8. Contest is open to U.S. residents, eighteen or over. Employees of Meredith Corporation and their families, respective affiliates, subsidiaries and advertising agencies are not eligible. Contest void where prohibited or restricted by law. Taxes on prizes are the responsibility of the winner.



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HAVE WE GOT A SCRUMPTIOUS TREAT FOR YOU! DESSERT QUEEN MAIDA HEATTER HAS TAKEN EVERY-ONE'S FAVORITE SWEET ONE STEP

COOKIE SUPERSTARS

FURTHER TO CREATE THE MOST DE-LICIOUS COOKIES AND BROWNIES THAT YOU'LL EVER TASTE. LADEN WITH LUSCIOUS CHOCOLATE AND CRUNCHY NUTS, THESE BAKERY-STYLE DELICACIES ARE ELEGANT ENOUGH FOR COMPANY—IF THE KIDS DON'T DEVOUR THEM FIRST!

A cookie fortune, clockwise from top: the Newest Choco-late–Chocolate Chunk Cookies, Raisin-Oatmeal Cookies, Royal Pecan Thins, Espresso Brownies, Santa Fe Brownies, Miami Vice and McMaida's Shortbread

COOKIE SUPERSTARS
continued

Cookies pictured on pages 196 and 197.

Easy · Moderate · Challenging · (M) Microwave

ROYAL PECAN THINS

The flavor of this cookie is a seductive blend of browned butter, cinnamon-sugar and pecans—almost like candy.

Prep time: 50 minutes
Baking time: 1¾ hours

- 1 cup butter
- ½ teaspoon vanilla extract
- ½ teaspoon almond extract
- 1 cup plus 2 tablespoons sugar
- 1 large egg yolk
- 1¾ cups sifted all-purpose flour
- 2 egg whites

Cinnamon-Sugar
- ½ cup sugar
- 1 tablespoon cinnamon
- ¼ teaspoon nutmeg

2⅓ cups very finely chopped pecans

Adjust oven racks to divide oven into thirds. Preheat oven to 250°F. Generously butter two 15½x10½x1-inch jelly-roll pans; freeze pans.

Beat butter in large mixer bowl until softened. Beat in vanilla and almond extracts and 1 cup sugar until light and fluffy. Beat in egg yolk. With mixer at low speed, gradually add flour and beat until incorporated. Refrigerate 10 minutes.

Divide dough in half. Drop one dough half by teaspoonfuls evenly over bottom of 1 pan (reserve other pan in freezer). With floured fingers, press dough to cover bottom of pan. (Dough should not climb up sides.) Repeat with remaining dough and pan.

Pour 1 unbeaten egg white over dough in each pan and spread to cover. Sprinkle half the cinnamon-sugar, then half the pecans, then 1 tablespoon granulated sugar over each pan. Cover with wax paper and press topping into dough.

Remove wax paper. Bake 1 hour, switching position of pans halfway through. Remove 1 pan from oven. With small, sharp knife, cut cookies in 4 equal strips in each direction, then cut around rim to loosen. Return to oven and repeat with second pan. Return second pan to oven and continue baking 45 minutes more or until golden brown. Immediately recut cookies. Remove from pan and cut each cookie in half diagonally to form triangles. Cool on wire rack. Makes 64.

Nutrition info per cookie: 85 calories, 1 gm protein, 6 gm fat, 8 gm carbohydrates, 31 mg sodium, 11 mg cholesterol.

McMAIDA'S SHORTBREAD

This irresistible and unusual version of the Scottish classic is filled with chocolate, then cut into wedges after baking.

Prep time: 30 minutes plus freezing ○
Baking time: 20 minutes

- 1¼ cups sifted all-purpose flour
- ⅓ cup firmly packed brown sugar
- 4 ounces cold butter, cut up
- ½ teaspoon vanilla extract
- 3 squares (3 oz.) semisweet chocolate, coarsely chopped and melted

Preheat oven to 325°F. Butter bottom of 8-inch round springform or cake pan with removable bottom. Line with wax paper; butter paper.

Combine flour and sugar in food processor. Add butter and process until mixture resembles coarse crumbs. With machine on, add vanilla through feed tube and process about 25 seconds, until mixture just holds together and forms a ball. Knead dough once or twice, until smooth.

Divide dough in half. Roll one half carefully between 2 sheets of lightly floured wax paper into 8½-inch circle; trim with small knife to 8-inch circle. Transfer to cookie sheet and freeze 15 minutes. Repeat with remaining dough.

Place 1 frozen dough circle in prepared pan. Pour melted chocolate onto center and spread carefully to within ½ inch of edge. Place remaining dough circle over chocolate (do not press center). Let stand 3 to 5 minutes, until slightly softened. Press edge of dough with tines of fork to seal.

Bake 15 to 20 minutes, until well browned. Cool in pan on wire rack. Run knife around rim to loosen. Remove sides of pan and invert onto rack. Remove bottom and wax paper; invert again onto a cutting surface. Cut in half with long, thin, sharp knife, then cut each half into 6 wedges. Makes 12.

Nutrition info per cookie: 170 calories, 2 gm protein, 10 gm fat, 19 gm carbohydrates, 80 mg sodium, 21 mg cholesterol.

SANTA FE BROWNIES

The Plaza Bakery in Santa Fe created these cream cheese-filled brownies. For easier cutting, refrigerate overnight.

Prep time: 40 minutes plus chilling ○
Baking time: 1 hour 20 minutes

- 1 cup plus 1 teaspoon butter
- 1½ cups all-purpose flour
- 1½ teaspoons baking powder
- ¾ teaspoon salt
- 6 squares (6 oz.) unsweetened chocolate, coarsely chopped
- 6 squares (6 oz.) semisweet chocolate, coarsely chopped
- 5 large eggs
- 1½ cups firmly packed brown sugar
- 1¼ cups granulated sugar
- 1 tablespoon vanilla extract
- 1½ cups walnuts, broken in large pieces

Cream-Cheese Mixture
- 12 ounces cream cheese, softened
- 6 tablespoons butter, softened
- 1½ teaspoons vanilla extract
- ¾ cup granulated sugar
- 3 large eggs

Preheat oven to 350°F. Line 13x9-inch baking pan with foil, brush bottom and sides with 1 teaspoon melted butter.

Sift flour, baking powder and salt together and set aside.

Melt chocolates and remaining butter in double boiler over simmering water. Beat eggs in large mixer bowl until just blended. Add sugars and vanilla; beat just until smooth. With mixer at low speed beat in chocolate mixture, then dry ingredients, beating just until incorporated. Reserve 2¼ cups mixture.

Stir nuts into remaining chocolate mixture in mixer bowl. Spread in prepared pan.

Cream-Cheese Mixture: Beat cream cheese and butter in clean mixer bowl until smooth. Beat in vanilla and sugar. Add eggs one at a time, beating well after each addition; beat just until smooth. Spoon over chocolate mixture in prepared pan, spreading to edges of pan.

Stir reserved chocolate mixture to soften. Spoon over cheese layer. With knife, cut through batter in zigzag pattern to marbleize slightly.

Bake 1 hour 20 minutes, until toothpick inserted in center comes out barely clean. (If top browns too quickly during baking, cover loosely with foil.) Cool in pan on wire rack. Invert onto cookie sheet and remove foil; cover with plastic wrap. Invert again, cover and refrigerate overnight.

With long, sharp knife, cut brownies into quarters, then cut each quarter into 4 squares. Makes 32.

Nutrition info per cookie: 330 calories, 5 gm protein, 21 gm fat, 33 gm carbohydrates, 207 mg sodium, 87 mg cholesterol.

RAISIN-OATMEAL COOKIES

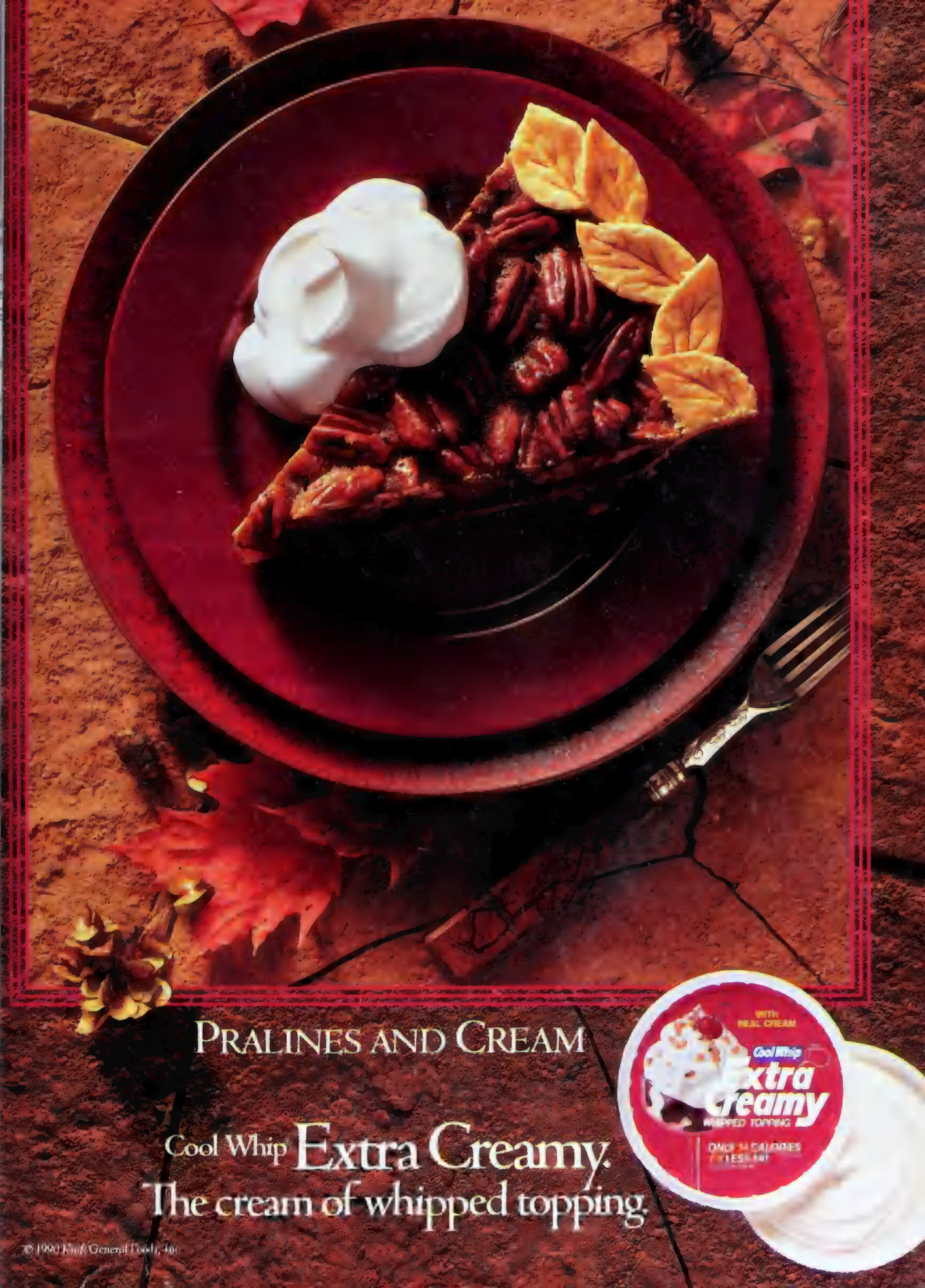
After many requests for a big, soft cookie, Maida created these deliciously chewy winners. (Try the chocolate variation, too.)

Prep time: 20 minutes (
Baking time: 16 to 17 minutes per batch

- ¼ cup butter
- 1¼ cups smooth peanut butter
- 1 teaspoon vanilla extract
- 1 teaspoon dark or light corn syrup
- 1 cup granulated sugar
- ½ cup firmly packed dark brown sugar
- 3 large eggs
- 2 teaspoons baking soda
- ½ teaspoon mace
- 4 cups oats, uncooked
- 1½ cups dark raisins

Adjust oven racks to divide oven into thirds. Preheat oven to 350°F. Line cookie sheets with foil and set aside.

Beat butter in large mixer *(continued)*



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■ COOKIE SUPERSTARS
continued

bowl until softened. Beat in peanut butter until blended. Beat in vanilla, corn syrup and both sugars until light and fluffy. Add eggs one at a time, beating well after each addition. Add baking soda and mace. With mixer at low speed, gradually add oats. Stir in raisins.

For each cookie, shape ¼ cup dough into ball and place four on a cookie sheet. Then press into 3-inch circle about ½-inch thick.

Bake 2 sheets at a time 16 to 17 minutes, switching positions of pans halfway through, until lightly browned. Let stand on cookie sheets 1 minute. Makes 20.

Nutrition info per cookie: 285 calories, 8 gm protein, 12 gm fat, 38 gm carbohydrates, 195 mg sodium, 38 mg cholesterol.

Chocolate-Chunk Raisin-Oatmeal: Prepare dough and bake as directed, except add 12 squares (12 oz.) semisweet chocolate, cut into chunks, after adding raisins.

Nutrition info per cookie: 370 calories, 9 gm protein, 18 gm fat, 47 gm carbohydrates, 195 mg sodium, 38 mg cholesterol.

THE NEWEST CHOCOLATE–CHOCOLATE CHUNK COOKIES

Crisp and buttery, with chunks of chocolate, walnuts and chewy raisins—chocolate cookies can't get better than these.

Prep time: 20 minutes
Baking time: 14 to 15 minutes per batch

- 1¾ cups sifted all-purpose flour
- ¼ teaspoon baking soda
- ⅓ cup unsweetened cocoa
- 1 cup butter
- 1 teaspoon vanilla extract
- 1 cup granulated sugar
- ½ cup firmly packed brown sugar
- 1 large egg
- 2 tablespoons milk
- 8 squares (8 oz.) semisweet chocolate, cut into ½-inch chunks
- 1 cup dark raisins
- 1 cup coarsely chopped walnuts

Adjust oven racks to divide oven into thirds. Preheat oven to 350°F. Line cookie sheets with foil. Sift flour, baking soda and cocoa together; set aside.

Beat butter in mixer bowl until softened. Beat in vanilla and sugars until light and fluffy. Beat in egg and milk. With mixer at low speed, add dry ingredients. Stir in chocolate, raisins and walnuts. Drop dough by heaping tablespoonfuls onto prepared cookie sheets, no more than six on each sheet. With fork dipped in water, flatten tops slightly to ½-inch thickness.

Bake 2 sheets at a time 14 to 15 minutes, switching position of pans halfway through, until lightly browned but still soft. Let cookies stand on sheets 1 minute. Cool on wire racks. Makes 32.

Nutrition info per cookie: 190 calories, 2 gm protein, 11 gm fat, 23 gm carbohydrates, 70 mg sodium, 22 mg cholesterol.

MIAMI VICE

Maida dedicated these decadent fudge like cookies to her Florida hometown. They are best eaten very fresh, preferably within hours of baking.

Prep time: 20 minutes plus chilling
Baking time: 11 minutes per batch

- 7 squares (7 oz.) semisweet chocolate, coarsely chopped
- 1 square (1 oz.) unsweetened chocolate, coarsely chopped
- 2 tablespoons butter
- ¼ cup all-purpose flour
- ¼ teaspoon baking powder
- ⅛ teaspoon salt
- 2 large eggs
- ¾ cup sugar
- 2 teaspoons instant espresso powder
- ½ teaspoon vanilla extract
- 1 cup (6 oz.) chocolate chips
- 2 cups walnuts, broken in large pieces

Melt semisweet and unsweetened chocolates and butter in double boiler over simmering water. Set aside. Sift flour, baking powder and salt together and set aside.

Beat eggs, sugar, coffee and vanilla in mixer bowl at high speed about 1 minute. Add melted chocolate mixture. With mix

at low speed, beat in dry ingredients
t until incorporated. Stir in chocolate
ips and nuts.

Drop dough by large spoonfuls in 10-
ch strip down center of 16-inch sheet of
ax paper. Bring long sides of paper up
er dough and press down gently to
ake smooth 12x2½x2-inch rectangle. (If
ough is too soft to shape, freeze on
okie sheet about 10 minutes.) Refriger-
e dough until firm, 4 hours or overnight.

Adjust oven rack to center position.
eheat oven to 350°F. Line cookie sheet
th foil.

Cut dough into ¾-inch slices. Place
out 1 inch apart on lined cookie sheet.
t stand at room temperature about 20
nutes.

Bake 11 minutes or until just set at
lges. (Cookies will be wet in center.) Let
and on cookie sheet until firm. Transfer
wire rack to cool. Makes 16.

trition info per cookie: 275 calories, 4 gm pro-
n, 18 gm fat, 27 gm carbohydrates, 56 mg sodium,
mg cholesterol.

SPRESSO BROWNIES

ne batch of these will probably not be
ough. Though sour cream is an unusual
gredient in brownies, it makes them es-
ecially moist and fudgy.

ep time: 20 minutes
king time: 20 to 25 minutes

1 tablespoon butter, melted
⅓ cup sifted all-purpose flour
⅓ cup sifted unsweetened cocoa
5 teaspoons instant espresso powder
¼ teaspoon salt
5 squares (5 oz.) unsweetened chocolate, chopped
¾ cup butter
4 large eggs
2 cups sugar
⅓ cup sour cream
1 teaspoon vanilla extract
2½ cups walnuts, toasted and coarsely chopped

Line 15½x10x1-inch jelly-roll pan with foil. Brush with melted butter. Set aside.

Sift flour, cocoa, espresso and salt together; set aside.

Adjust oven rack to lowest position. Preheat oven to 400°F. Melt chocolate and butter in double boiler over simmering water. Set aside.

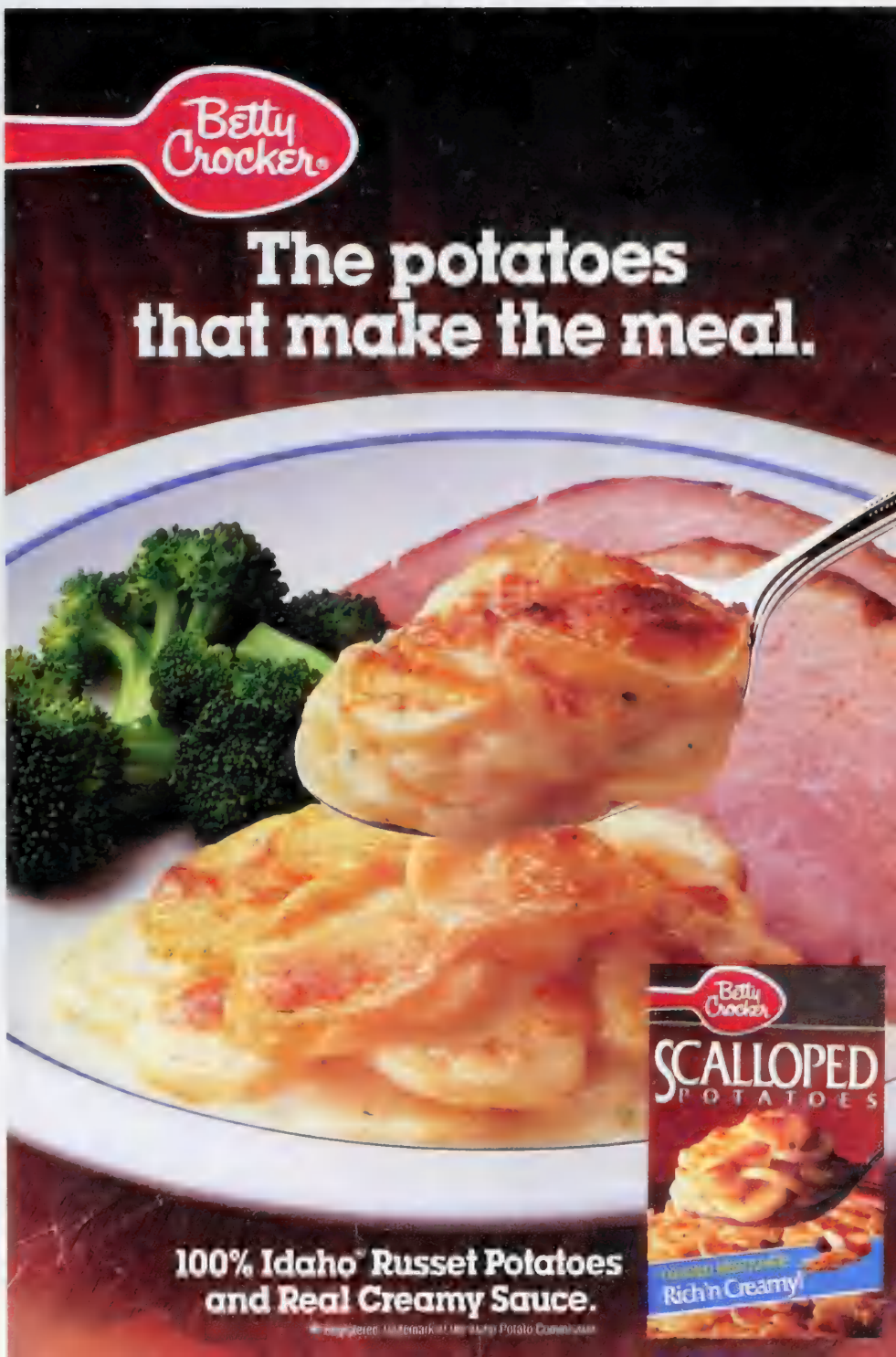
Beat eggs in mixer bowl. With mixer at low speed, add sugar; increase speed to high and beat until thickened and ribbon forms when beaters are lifted, 5 minutes. Beat in sour cream and vanilla. Add warm chocolate mixture and dry ingredients all at once and beat at low speed, scraping bowl frequently with rubber spatula, until just blended. Fold in chopped walnuts.

Spread mixture into prepared pan. Bake 20 to 25 minutes, until toothpick inserted in center comes out clean. Let stand 5 minutes. Invert pan onto wire rack, remove foil, and cool brownies upside down. Invert again and cut into quarters, then cut each quarter into 6 pieces. Makes 2 dozen.

Nutrition info per cookie: 260 calories, 4 gm protein, 18 gm fat, 24 gm carbohydrates, 100 mg sodium, 54 mg cholesterol. ■

Journal Shopping Center

MELANIE MELLOWS OUT
Pages 154-155 Dress, Betsy Johnson; shoes, Jenny.
THE HOUSE OF OUR DREAMS
Pages 162-163 All room designs, vases and brass birdcage, Israels Designs for Living, Grand Rapids, MI 49503; floral designs, Eastern Floral and Gift Shop, Grand Rapids, MI 49512. Living room: sofa, Hickory White, 300 Oak St., High Point, NC 27260; wing chair and ottoman, Century Furniture, 1-800-852-5552; Ottoman fabric, Kravet Fabric Co., Bethpage, NY 11714; Hi Leg Leather lounger #43-882, Burris Industries, Burris Blvd., P.O. Box 698, Lincolnton, NC 28092; Frederick Cooper Lamps, 2545 Diversey, Chicago, IL; Howard Miller Clock Co., 860 E. Main St., Zeeland, MI 49464; The BeBe Winkler Collection, 135 E. 55th St., NYC 10022; Oriental rug, Azar's, Grand Rapids, MI 49546; Fireplace accessories, Kett's Hearth & Home, Grand Rapids, MI; decanter set, wooden box with dominos, Gump's Mail Order, 1-800-284-8677; mantel art, Prys Gallery, SE Ada, MI 49301; Jewelry box, lap desk, Heirloom House Antiques, Grand Rapids, MI 49506. **Pages 164-165** Sun room: Vietri, Inc., P.O. Box 460, Hillsborough, NC 27278; Garden Source Furnishings, Inc., 200 Bennett St. NW, Atlanta, GA 30309; Palais Royal, 923D Preston Ave., Charlottesville, VA 22901; Napkin holders, The BeBe Winkler Collection (above); French floral buckets, watermelon baskets, Gardener's Eden, 415-421-4242; Painted rug by Don Prys, Grand Rapids, MI. Dining Room: Claridge Collection five drawer chest, Georgian-style maple and mahogany table and chairs and Palladian-style china cabinet, Century Furniture (above); "Clermont Gold" crystal, "Laurel" china, "Chantilly" sterling flatware, "Patrician" crystal bowl, Gorham, Inc., Radio Circle Rd, Mt. Kisko, NY 10549; "Empress of China" Wallpaper Collection, F. Schumacher & Co., 1-800-423-5881; table linens, The BeBe Winkler Collection (above); Gold frame prints, Heirloom House Antiques (above); Painting, Prys Gallery (above); Oriental rug, Azar's (above). **Page 166** Foyer:grandfather clock, Howard Miller Clocks (above); Mohair throw, Palais Royal (above); Art, Prys Gallery (above), Horse on wheels, Israels Designs for Living (above).



Reynolds® Oven Cooking Bags

UNFLAPPABLE CHICKEN.

UNFLAPPABLE CHICKEN.

- 1 large-size (14″ × 20″) Reynolds® Oven Cooking Bag
- 2 tablespoons flour
- 1/3 cup water
- 1/2 teaspoon each basil leaves, thyme leaves and seasoned salt
- 1 medium onion
- 2 medium baking potatoes
- 4 medium carrots
- 1 medium green or red pepper
- 8 chicken pieces
- Seasoned salt, pepper, paprika

Preheat oven to 375° F. Shake flour in Reynolds Oven Cooking Bag; place in 13×9×2-inch baking pan. Add water, basil, thyme and seasoned salt to bag. Squeeze bag to blend ingredients. Cut onion and potatoes into 8 wedges each. Slice carrots and cut red pepper into cubes. Add vegetables to bag. Turn bag to coat vegetables; arrange in an even layer. Sprinkle chicken with seasonings; place in bag. Close bag with nylon tie. Make 6 half-inch slits in top. Bake 50 to 55 minutes, or until tender. Makes: 4 servings.

WHOLE CHICKEN VARIATION: Substitute one 3 to 4 pound whole chicken for chicken pieces. Place chicken in bag after blending flour, water and seasonings. Place vegetables in bag around chicken. Bake 1 to 1 1/4 hours or until chicken is tender.

For FREE chicken recipes, write The Reynolds Wrap Kitchens, P.O. Box C-32003, Dept. A-162, Richmond, VA 23261-2003.





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Real cooking. Why make it tough?

THE HEALTHY MICROWAVE COOKBOOK

A HARVEST OF FAST AND DELICIOUS DISHES SURE TO TAKE THE CHILL OUT OF AUTUMN. OUR SAVORY ENTRÉES, GARDEN-FRESH SIDE DISHES AND DELECTABLE FRUIT DESSERTS ARE NOT ONLY LOW-CAL, BUT THEY COOK TO PERFECTION IN THE MICROWAVE. BY MARIE SIMMONS

SALMON STEAKS WITH GINGER AND YOGURT SAUCE

The microwave is an excellent place to poach or steam fish. A yogurt sauce pinch-hits for the usual topping of fat-laden hollandaise.

Prep time: 10 minutes plus standing
Microwave time: 4 minutes ○Ⓜ

Marinade
- 1 tablespoon fresh lime juice
- 2 teaspoons olive oil
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ¼ teaspoon cumin

1¼ pounds skinless salmon fillet, cut into 4 pieces

Yogurt Sauce
- 2 teaspoons grated fresh ginger
- ¼ teaspoon minced garlic
- 1 plum tomato, seeded and chopped
- ¼ teaspoon cumin
- ¾ cup plain nonfat yogurt
- 1 green onion, sliced thin
- 1 tablespoon chopped fresh mint
- Dash red pepper sauce
- ¼ teaspoon salt
- ⅛ teaspoon freshly ground pepper

Lime wedges and fresh mint sprigs, for garnish (optional)

Combine all marinade ingredients in small bowl. Place salmon in 10-inch microwaveproof glass pie plate. Brush each fillet with marinade. Cover with plastic wrap and let *(continued)*



Photos, Bill Milne; prop stylist, Susan Byrnes; food stylist, A.J. Battifarano.



(continued) stand at room temperature 30 minutes.

Yogurt Sauce: Combine ginger, garlic, tomato and cumin in 1-quart microwaveproof bowl. Microwave on High 30 seconds; stir in remaining ingredients. Set aside.

Turn back one section of plastic wrap covering salmon. Microwave on High 2 minutes. Rotate plate; microwave 1 to 2 minutes more, until fish is opaque. Let stand covered 2 minutes.

To serve, place salmon fillets on 4 plates; spoon yogurt sauce on top. Garnish each fillet with lime wedge and mint sprig. Makes 4 servings.

Nutrition info per serving: 255 calories, 31 gm protein, 11 gm fat, 5 gm carbohydrates, 506 mg sodium, 79 mg cholesterol.

PROVENCAL SEAFOOD STEW

We've lightened up this French-inspired fish stew by omitting the rouille, a traditional oil-based sauce.

Prep time: 10 minutes ○Ⓜ
Microwave time: 18 minutes

- ½ cup thinly sliced onion
- 2 teaspoons olive oil
- ½ teaspoon minced garlic
- 1 strip (3x½ in.) orange peel
- 1 sprig fresh thyme
- 1 whole allspice
- 1 can (14 oz.) plum tomatoes
- 1 bottle (8 oz.) clam juice
- Pinch red pepper flakes
- Salt and freshly ground pepper
- 12 mussels, scrubbed
- 4 jumbo shrimp, peeled and deveined
- 8 ounces cod fillet (or other firm-fleshed fish), cut into 4 pieces
- Thyme sprigs or basil leaves, for garnish

Combine onion, oil, garlic, orange peel, thyme and allspice in 2- or 3-quart microwaveproof glass casserole with glass lid. Cover and microwave on High 4 minutes. Press tomatoes through food mill or sieve into casserole. Stir in clam juice; add red pepper. Cover and microwave 7 minutes or until very hot, stirring once. Season with salt and pepper.

Arrange mussels around edge of casserole. Cover and microwave 3 minutes or until mussels open. Transfer opened mussels to bowl; cover and keep warm. Microwave covered casserole 1 minute more or until more mussels open; discard any unopened mussels. Transfer to bowl; keep warm.

Place shrimp and fish in hot broth. Microwave covered 2½ to 3 minutes, until fish just begins to flake and shrimp are pink. Spoon shrimp and fillets in 4 large soup bowls. Divide mussels evenly among bowls. Ladle steaming broth evenly over seafood. Garnish with thyme and serve immediately. Makes 4 servings.

Nutrition info per serving: 145 calories, 19 gm protein, 4 gm fat, 8 gm carbohydrates, 425 mg sodium, 66 mg cholesterol.

SPICED APPLE CRISP

Turn spiced apples into a guilt-free crisp with just a sprinkle of gingersnaps. We used a pie plate, because foods cooked in rectangular dishes can overcook at the edges.

Prep time: 10 minutes ○Ⓜ
Microwave time: 3 to 4 minutes

- 4 medium (7 oz. each) McIntosh apples
- ⅓ cup orange juice
- ¼ teaspoon grated orange peel
- 1 teaspoon cinnamon
- 3 tablespoons dark brown sugar
- ¼ cup crushed gingersnaps

Peel and core apples. Slice into ¼-inch-thick rings and arrange in 10-inch microwaveproof pie plate. Drizzle orange juice evenly over top. Mix orange peel, cinnamon and sugar in small bowl; sprinkle over apple slices. Cover loosely with wax paper. Microwave on High 2 minutes. Rotate dish and microwave 1 to 2 minutes more, until apples are tender. Top with crushed gingersnaps and serve immediately. Makes 4 servings.

Nutrition info per serving: 170 calories, 1 gm protein, 1 gm fat, 43 gm carbohydrates, 39 mg sodium, 2 mg cholesterol.

MAPLE BAKED PEARS

This dessert is a sweet surprise—made with ricotta cheese and (continued)





Big Raves

With Easy Little Cheese Cakes.*







MINI-CHEESECAKES

(Makes 12)

12 vanilla wafers
2 8 oz. packages cream cheese, softened
½ c. sugar
1 tsp. vanilla
2 eggs

Line muffin tin with foil liners.

Place one vanilla wafer in each liner. ◊ Mix cream cheese, vanilla and sugar on medium speed until well-blended. ◊ Add eggs. Mix well. Pour over wafers, filling ¾ full. Bake 25 min. at 325°.

Remove from pan when cool. ◊ Chill. ◊ Top with fruit, preserves, nuts or chocolate. ◊ Be creative!

*Actual size is cupcake size.

America's Dairy Farmers
National Dairy Board

© National Dairy Board 1989





(continued) *maple syrup. Hint: Cook the pears (and any food of uneven thickness) with the thicker part toward the outside, where the microwave cooks faster.*

Prep time: 10 minutes ○Ⓜ
Microwave time: 7 minutes

- 3 medium (7 oz. each) ripe pears
- 1 tablespoon fresh lemon juice
- 2 tablespoons plus 2 teaspoons pure maple syrup
- Ground nutmeg
- 2 teaspoons grated lemon peel
- ⅓ cup reduced-fat or part-skim ricotta cheese

Halve pears lengthwise, leaving stem attached to one half. With melon baller, carefully scoop core from each half. Arrange cut side up with thick part toward the outside in 10-inch microwaveproof glass pie plate; drizzle with lemon juice.

Fill each cored section with about 1 teaspoon maple syrup. Sprinkle lightly with nutmeg. Microwave on High uncovered 5 minutes. Rotate plate a half turn; microwave 2 minutes more or until pears are very tender.

Meanwhile, stir lemon peel and ricotta together in small bowl.

Remove pears from oven and spoon juices in cored sections over edges of pears. Top each with cheese; drizzle with remaining 2 teaspoons syrup. Serve warm or at room temperature. Makes 6 servings.

Nutrition info per serving: 90 calories, 2 gm protein, 1 gm fat, 20 gm carbohydrates, 9 mg sodium, 2 mg cholesterol.

WARM CHICKEN SALAD SOUTHWEST-STYLE

Hold the mayo! Lime and honey make a perfect dressing for this low-cal chicken salad. Fresh herbs work better than those dried in the microwave (dried herbs need a longer cooking time). Dried thyme can be used, but add a sprig of fresh parsley to enhance flavor.

Prep time: 20 minutes plus marinating ○Ⓜ
Microwave time: 4 to 5 minutes

Marinade
- 1 tablespoon fresh lime juice
- 1 teaspoon olive oil
- 1 teaspoon fresh thyme leaves or pinch dried
- ¼ teaspoon minced garlic
- Salt and freshly ground pepper

- 1 pound chicken cutlets

Dressing
- 3 tablespoons fresh lime juice
- 2 teaspoons honey
- 2 teaspoons olive oil
- ½ garlic clove, crushed
- Salt and freshly ground pepper

- 6 cups rinsed, torn lettuce leaves
- 1 small red pepper, sliced into thin rings
- ½ ripe cantaloupe, seeded, peeled and cut into 8 thin wedges
- ⅔ cup fresh or frozen corn, thawed
- 1 small ripe tomato, diced
- 1 green onion, sliced thin diagonally
- 2 tablespoons chopped fresh cilantro
- 2 teaspoons minced jalapeño chili



Fresh cilantro sprigs and lime wedges, for garnish (optional)

arinade: Combine lime juice, oil, thyme, rlic, and salt and pepper to taste in 10- :h microwaveproof glass pie plate; stir blend. Add chicken and turn to coat. t stand 15 minutes. Cover loosely with ax paper. Microwave on High 2 min- es. Carefully turn and rearrange chick- so cooked edges are toward center. icrowave covered 2 to 2½ minutes ore, until cooked through. Let stand vered until ready to serve.

essing: Meanwhile, whisk lime juice, ney, oil, garlic, and salt and pepper to ste in small bowl.

Remove chicken from broth. Cut chick- into ½-inch-wide strips. Place in bowl d add 2 tablespoons dressing. Add let- ce, red pepper and cantaloupe; toss to at. Add corn, tomato, green onion, ci- ntro and chili to remaining dressing; stir. Arrange salad on platter. Top with corn xture. Garnish with cilantro and lime d serve immediately. Makes 4 servings.

trition info per serving: 240 calories, 30 gm otein, 6 gm fat, 20 gm carbohydrates, 94 mg dium, 66 mg cholesterol.

UMMER SQUASH WITH BASIL REMOLATA

emolata is a mixture of finely opped basil or parsley with garlic and lemon peel. The fresh flavor makes it a wonderful stand-in for lemon-butter sauce on vegetables or grilled meat.

Prep time: 10 minutes ○Ⓜ
Microwave time: 4 to 5 minutes

½ pound small zucchini, cut into ½-inch slices (2 cups)
½ pound yellow summer squash, cut into ½-inch slices (2 cups)
1 tablespoon water

Gremolata
1 tablespoon julienned fresh basil leaves
2 teaspoons grated lemon peel
¼ teaspoon minced garlic
Salt and freshly ground pepper

Combine zucchini and summer squash in 2- or 3-quart microwaveproof glass casserole with glass lid; add water. Microwave covered on High 3 minutes. Holding lid, shake casserole to rearrange squash. Microwave 1 to 2 minutes more, until squash is tender-crisp. Let stand covered 2 minutes.

Gremolata: Meanwhile, mix basil, lemon peel and garlic in small bowl.



Add to squash and toss. Season with salt and pepper. Makes 4 servings.

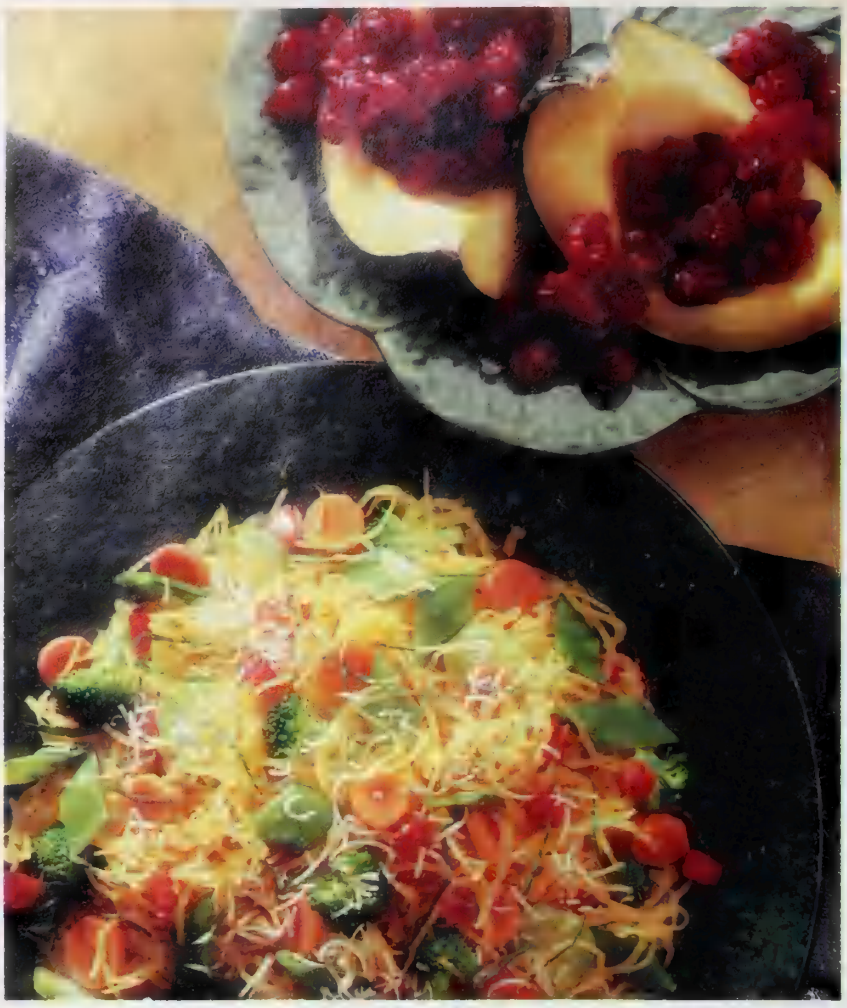
Nutrition info per serving: 20 calories, 1 gm protein, 0 gm fat, 4 gm carbohydrates, 3 mg sodium, 0 mg cholesterol.

WILTED SPINACH WITH RED ONION AND BALSAMIC VINEGAR

A little balsamic vinegar adds a lot of flavor to cooked greens. If you add salt, do it after microwaving, not before (a chemical reaction during cooking will leave brown spots on food).

Prep time: 5 minutes ○Ⓜ
Microwave time: 6 to 7 minutes (continued)





1 small red onion, cut into ¼-inch wedges
2 teaspoons olive oil
2 pakages (10 oz. each) fresh spinach, stems removed, rinsed and drained
2 teaspoons balsamic vinegar
Salt and freshly ground pepper

Combine onion and olive oil in 2- or 3-quart microwaveproof glass casserole with glass lid; stir to blend. Cover and microwave on High 2 minutes. Add spinach, pressing down to squeeze it all in. Cover and microwave 2 minutes or until spinach begins to wilt. Stir well to coat with onion mixture. Microwave covered 2 to 3 minutes more, until tender. Sprinkle with vinegar and salt and pepper to taste. Makes 4 servings.

Nutrition info per serving: 45 calories, 3 gm protein, 3 gm fat, 5 gm carbohydrates, 80 mg sodium, 0 mg cholesterol.

ACORN SQUASH WITH CHUNKY CRANBERRY TOPPING

This sweet squash topped with tart cranberries makes a yummy no-fat side dish. To avoid overcooking, set the timer for the shorter cooking time first, then test for doneness.

Prep time: 5 minutes ○Ⓜ
Microwave time: 13 to 16 minutes

1 large acorn squash (about 1¾ lb.), halved and seeded
Water
½ cup cranberries
3 tablespoons apple-juice concentrate, divided
1 tablespoon finely chopped onion
2 teaspoons sugar
Salt and freshly ground pepper

Place squash cut side down in 10-inch microwaveproof glass pie plate; add 1 tablespoon water. Cover loosely with wax paper. Microwave on High 8 to 10 minutes, until tender, rotating plate a half turn halfway through. Set aside covered.

Combine cranberries, 2 tablespoons apple-juice concentrate, 1 tablespoon water, and the onion and sugar in 4-cup microwaveproof glass measure. Microwave 4 to 5 minutes, stirring once halfway through, until thickened.

Drain squash and cut each half lengthwise in half. Return each quarter, cut side up, to pie plate; brush with remaining 1 tablespoon apple-juice concentrate. Season with salt and pepper. Top evenly with cranberry mixture. Microwave 30 seconds to 1 minute, until hot. Makes 4 servings.

Nutrition info per serving: 100 calories, 1 gm protein, 0 gm fat, 25 gm carbohydrates, 8 mg sodium, 0 mg cholesterol.

SPAGHETTI SQUASH WITH FALL VEGETABLES

A delicious fresh-from-the-garden dinner. Tip: Don't ignore the standing time. Large foods such as spaghetti squash actually finish cooking after being removed from the microwave.

Prep time: 15 minutes plus standing ○Ⓜ
Microwave time: 18 minutes

1 spaghetti squash (about 2½-3 lb.)
2 cups chopped fresh tomatoes
1 tablespoon olive oil
1 garlic clove, mashed to paste with ½ teaspoon salt
4 large fresh basil leaves, julienned
Salt and freshly ground pepper
1½ cups broccoli florets, stems sliced thin and florets halved
1 large carrot, sliced thin diagonally
2 tablespoons water
2 ounces snow peas, trimmed and sliced thin diagonally
2 tablespoons freshly grated Parmesan cheese

Pierce squash through to the center with thin, sharp knife 6 times. Microwave on High 6 minutes; turn squash over and microwave 6 minutes more. Remove from microwave and cover with kitchen towel or inverted bowl and let stand 10 minutes.

Combine tomatoes, oil and garlic paste in 2- or 3-quart round microwaveproof casserole. Microwave uncovered 3 minutes or until tomatoes are softened, stirring once. Add basil and salt and pepper to taste. Set aside.

Place broccoli and carrots in 10-inch microwaveproof glass pie plate; add 2 tablespoons water. Cover loosely with wax paper. Microwave 2 minutes; stir in snow peas. Microwave covered 1 minute more or until vegetables are tender. Let stand covered 5 minutes.

Meanwhile, halve squash lengthwise. Discard seeds and center pith. With fork, pull squash from shell and add directly to tomato sauce in casserole. Drain vegetables and add to casserole. Fluff with fork. Sprinkle with cheese and serve immediately. Makes 4 servings.

Nutrition info per serving: 165 calories, 6 gm protein, 6 gm fat, 25 gm carbohydrates, 393 mg sodium, 2 mg cholesterol. ■

Marie Simmons is co-author with Lori Longbotham of "Better By Microwave," to be published in November by E.P. Dutton.


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TRAVEL JOURNAL

SEATTLE'S SEAWORTHY WONDERS

With Lake Washington, Lake Union and Puget Sound right on the doorstep, it's no wonder Seattlites spend lots of time afloat. Thanks to the relatively mild climate (temperatures rarely dip below the mid-forties), sailing, fishing and pleasure-cruising continue all year long.

Visitors who want to experience the city's watery charms have several options. If your budget is limited, Washington State Ferries are an easy and inexpensive way to get out on the water. Departing every hour from Pier 52, the green-and-white ships sail for Bremerton, on the Olympic Peninsula (a two-hour round-trip), or Winslow, on Bainbridge Island (a one-hour-and-ten-minute round-trip). The fare for either run is $3.30 round-trip; if you bring your car it's $11.10. For schedules and more information, call 206-464-6400.

Ferries to Victoria, British Columbia, provide a more extensive introduction to the area's maritime sights. Stena Line's *Crown Prince Victoria* leaves Pier 44 in Seattle every morning for a four-and-a-half-hour cruise, which costs $20 to $40. On Friday and Saturday evenings, a round-trip moonlight cruise leaves Seattle at seven P.M.; fares include accommodations (two people per cabin), a generous buffet dinner and dancing; prices start at $59 per person. For reservations, call 800-962-5984; in Seattle, 206-624-6986.

From April through October, several companies offer narrated boat tours of Elliott Bay and the Harbor Island waterways. Gray Line's two-hour tour costs $16 for adults, $8 for children. Call 800-544-0739; in Seattle, 206-544-0739. Seattle Harbor Tours has a one-hour cruise, $7.50 for adults, $3 for children; call 206-623-1445.

If you love salmon fishing, Seattle is the spot for you. There are boats for charter at marinas in Seattle, Edmonds and Everett; they cost about $50 for eight hours, including bait and tackle. For information and reservations, call Ballard Salmon Charters, 206-789-6202, or Sea Charters, 206-776-5611.

At the Hiram M. Chittenden Locks, where boats pass between Lake Washington and Puget Sound, you can watch thousands of salmon and trout struggle up a series of waterfalls on their way to freshwater spawning grounds. An i teresting exhibit explains the bac ground and purpose of this exhausti journey, which occurs year-round e cept during late spring.

Down the road, the day's catch served smoked, baked or (best of a barbecued at Hiram's At The Loc Restaurant, where you get a great vi of the yachts, fishing vessels and cru ers entering the canal. Reservations a recommended (206-784-1733).

You'll find more fresh seafood at Pi Place Market, a shopping-and-resta rant complex that's also a worki farmer's market. Try the oysters at E mett Watson's Oyster Bar or the Du geness crab cakes at Cafe Sport. Stre musicians perform on sunny days. F information: 206-682-7453.

From there, take the Pike Place Hi climb, a stairway that leads down to t waterfront area. This was once Seattl working harbor; today most of the pie have been converted to restaurants a shops. The Hillclimb brings you o near the award-winning Seattle Aqua ium, which features a giant glassed- marine dome. Outside, fun-loving ters display their aquatic skills to t delight of visitors. For information, c 206-386-4320.

The scenic waterfront area exten for a mile and a half, past a watersi

A Quaker Chewy® Granola Bar has 1/3 less sugar,



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ırk, fish-and-chips shops and import ɔuses. There's also public fishing.

Of course, you can see the waterfront ı foot, but a ride on a vintage Austra-ın trolley is even more fun. The jaunty ·een-and-cream trolleys, which date om 1927, were imported from Mel-ɔurne, Australia, in 1982; in the for-es, Seattle's original streetcars were ld to San Francisco, where they now ıjoy international fame.

When you're through exploring the aterfront, head northeast to the Seat-e Center, a seventy-four-acre complex ıat includes the Pacific Science Center ıd the awesome six-hundred-and-five-ot-high Space Needle. A glass eleva-r takes you to a lofty observation deck, here you'll enjoy a magnificent three-ındred-and-six degree view of the city.

The five-building Pacific Science enter is worth an extensive visit, espe-ally if you're traveling with kids. Ma-r attractions include a laser light ıow and dozens of hands-on science khibits. You can get to the center on ot, by city bus (free within the down-wn Seattle area) or via a monorail ıat departs from the Westlake Center all. Call 206-684-8582.

Most lodging can be found nearby, ıcluding several cozy, European-style otels. The Mayflower Park Hotel has a ately lobby filled with fresh flowers and glittering chandeliers; doubles start at $90. For reservations, call 800-426-5100; in Seattle, 206-623-8700.

The Pacific Plaza Hotel, another old-world choice, is located in a historic building with ornately sculptured mason work. Rooms start at $68, double occupancy. Call 800-426-1165 or 206-623-3900 (in Seattle).

If you're spending several days in Seattle, you'll want to explore the many other fascinating sites the city has to offer. South of the downtown area is Pioneer Square, Seattle's oldest neighborhood, which dates from the mid-nineteenth century. This is the site of the original Skid Row (now called Yesler Way), where lumberjacks used to skid logs downhill to the waterfront.

The square's handsome brick and sandstone buildings were constructed after the Great Fire of 1889 consumed the loggers' shacks, and have recently been restored to their nineteenth-century glory. They now house restaurants, antiques and clothing shops, and art galleries. On the first Thursday of each month, the galleries stay open until ten P.M..

An exciting and unique way to explore the square is on an Underground Tour, which follows the original sidewalks under the present-day cobblestones. Tours leave every two hours and cost $4 for adults, $2 for children under twelve; call 206-682-4646 for details.

The culture and cuisine of Japan, China and Vietnam are represented in the International District, a compact area east of Pioneer Square.

The best way to explore this vibrant neighborhood is on foot, starting with the Nippon Kan Theater at 628 South Washington Street. Here you can see a forty-five-minute slide show, *Seattle's Other History*, which chronicles the Asian immigrant experience (206-624-8801 for information), and pick up a brochure describing area attractions. Don't miss the dragon mural in Hing Hay Park; the Wing Luke Museum, with its constantly changing exhibits of Asian folklore (206-623-5124); or the Japanese department store, Uwajimaya, where Asians and Westerners alike shop for items from the Far East (open nine A.M. to nine P.M. daily, corner of Sixth and South King streets).

As you tour the city, keep an eye out for Mount Rainier, one of Seattle's most breathtaking sights. On clear days, when, as locals put it, "the mountain's out," you can see its 14,411-foot peak from just about anywhere.

For more area attractions, contact Seattle King County Visitor Information, 800 Convention Place, Seattle, WA 98101. —DEBORAH GAINES

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Enlarged illustration

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T H E B E S T. A L L T H E T I M

MOM WAS WRONG:
Seven favorite sayings that just aren't so

Brace yourself: Not everything your mother told you was true. Chances are she was just repeating bits of folk wisdom she'd heard from *her* mom. Before you pass on these common fallacies to your own children, take a look at some research from a brand-new book, *You Know What They Say . . . : The Truth About Popular Beliefs*, by Alfie Kohn (HarperCollins).

"DON'T SWIM FOR AN HOUR AFTER EATING"

Every child learns that going swimming right after lunch is about as smart as accepting candy from strangers. This idea got started half a century ago, when the Red Cross published a booklet on water safety that claimed stomach cramps and possibly death awaited the foolhardy swimmer who went straight from table to pool. For years no one thought to question this.

Then, in 1961, an exercise physiologist named Arthur Steinhaus pointed out that "many athletes in training report swimming long distances almost directly after eating." Today, all the experts join him in debunking the myth. Says Louise Priest, executive director of the Council for National Cooperation in Aquatics, "I've been in aquatics for thirty years and I've never seen a stomach cramp. I don't believe they exist—and if they do, they certainly have nothing to do with eating."

The current American Red Cross brochure offers "no objection to people participating in aquatic activities immediately upon completing a meal," says the group's health and safety officer, John Malatak. Doing any sort of vigorous exercise right after eating might not be a good idea, but no one ever drowned as a result of swimming on a full stomach.

"DON'T GET CHILLED OR YOU'LL CATCH A COLD"

More people come down with colds during the winter than during the summer, but that doesn't mean lower temperatures are responsible. It could be that cold weather brings us closer together for longer periods, and we pass on one of the viruses that cause colds.

But can walking around without a coat lower your resistance and thus reduce your chances of fighting off the virus once you've been exposed to it? The limited research on this questi suggests that temperature rea doesn't seem to matter. In one stu the subjects were exposed to colds a also to temperatures of either 10 (in heavy coats), 60°F. (in their u derwear) or 80°F. They all got sick about the same rate. A second, m sophisticated study later confirm this finding.

"BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DA

After reviewing all the studies th could find on the subject, N. H. Dic and A. E. Bender, both nutritionists the University of London, concluc that there was "little evidence to su port the contention that omission breakfast is detrimental in terms measured performance . . . let alone support what has become the nut tionists' dictum that 'breakfast is t most important meal of the day.' "

Not a single reputable study h shown that adults who make a habit not eating until noon are at any sort disadvantage. Some experiments w children, meanwhile, have found th those who eat breakfast are sligh better at solving problems; others fi no differences; some suggest that fa ing in the morning can actually i prove kids' performance at some tas



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It may be that the only people who re adversely affected are those who sually eat breakfast but skip it for a ay. Another possible factor is how ell nourished a child is to begin with: ı 1989, researchers found that chil-ren classified as severely undernour-hed did indeed do better on some (but ot all) academic tests when they had aten a full breakfast. Well-nourished ıildren, however, did not improve on *ny* measure of performance; in fact, ıey did better, on average, at prob-m-solving and arithmetic when they ad had nothing to eat that morning.

In sum, there's little cause for alarm s regards children—and certainly dults—who eat well-balanced meals carting with lunch.

PICKING UP BABIES WHEN HEY CRY WILL SPOIL THEM"

lany of us assume that responding to ıildren whenever they cry or ask to e held will only make them overly ependent on us. But Jean Liedloff rgues in her book, *The Continuum oncept*, that human beings are not ıeant to be alone during the first half ear of life. Infants who are reassured y the constant presence of a parent in arly life have their emotional needs ılfilled and can become more inde-endent as a result; confident that the world is a safe place, they can venture forth bravely to explore it.

One of the only controlled studies on this general question was done at Johns Hopkins University. Sylvia Bell and Mary Ainsworth followed twenty-six mothers and their infants for a full year, observing them every few weeks and taking note of how often (and for how long) the babies cried and what their mothers did about it. The results, published in 1972, showed that the more a mother tended to ignore a cry (or the longer she took to respond to it), the more likely the baby was to cry in the following months. In fact, a mother who didn't respond set a vicious circle in motion: Ignoring the newborn's cries led to more crying as the baby grew, which only further discouraged the mother from responding promptly, which made the baby even more irritable.

"SPICY FOOD IS BAD FOR THE STOMACH"

Using a miniature camera that is actually swallowed, David Graham, a gastroenterologist at Baylor College of Medicine, in Houston, found that even when people munched enchiladas with jalapeño peppers for both lunch and dinner, no damage at all was caused to the protective lining in their stomachs. In fact, an Indian study found that even ulcer sufferers who sprinkled chili powder on their food every day for a month healed at the same rate as those who ate bland diets.

While we're at it, let's lay to rest another slander against spicy foods. Contrary to folk wisdom, they do not cause nightmares. Psychiatrist Ernest Hartmann questioned one hundred frequent-nightmare sufferers and wasn't able to find any association between spicy food and bad dreams.

"CHICKEN SOUP CAN CURE A COLD"

It's true that sipping chicken soup will get the mucus in the nasal passages moving faster—presumably taking the germs out of your system faster—but then, so will plain old hot water. In any case, the effect of either soup or water lasts less than half an hour.

"READING IN THE DARK WILL RUIN YOUR EYES"

As a pamphlet prepared by the American Academy of Ophthalmology puts it, "Reading in dim light can no more harm the eyes than taking a photo in dim light can harm the camera."

From the book YOU KNOW WHAT THEY SAY, by Alfie Kohn. Copyright © 1990 by Alfie Kohn. To be published by HarperCollins, Publishers, Inc.

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NUTRINEWS

Introducing a column to bring you the latest on eating to stay healthy. Here, the cure-all potential of beta carotene. **By Densie Webb, Ph.D., R.D.**

A CARROT A DAY...

Mom—not to mention Bugs Bunny and Popeye—always told you to eat your carrots and spinach. Now we know a lot more about why that was such good advice. Both these vegetables are extremely high in beta carotene, which new research indicates may play some very important roles in your body. Here's what you need to know.

VITAMIN A, THE SAFE WAY

Beta carotene is one of a family of about five hundred similar compounds, called carotenoids, present in many fruits and vegetables. The compound is fat soluble, and in fact, it's what gives body fat its yellow color. But beta carotene seems to stand out from other carotenoids, researchers say, showing up again and again in foods that are related to disease prevention. One of its most important roles is to furnish the raw material from which the body makes vitamin A. Beta carotene conversion lets you obtain vitamin A naturally, without any of the toxic side effects associated with high doses of supplements.

You need a certain amount of vitamin A for normal growth and reproduction and to keep your skin, eyes and internal organs healthy—the U.S. recommended daily allowance is 5,000 I.U. (international units) a day.



Doctors have a hunch that this bunch could help keep you cancer-free

But large supplements of vitamin A—50,000 I.U. or more, or 20,000 I.U. for pregnant women—can cause nausea, blurred vision, severe headaches and skin problems; in the worst cases it may cause irreversible liver damage, and birth defects if taken during pregnancy. Liver, milk and butter are good sources of vitamin A, but many people are cutting back on these foods nowadays because they are high in fat and cholesterol.

However, beta carotene is safe at any dose, say doctors, because the body closely regulates the production of vitamin A from it. Consumption of enormous quantities of carrots and yellow vegetables may cause yellowing of the skin, but the condition is both temporary and harmless.

WAGING WAR ON CANCER

The most exciting news about beta carotene is that the amount not converted to vitamin A seems to serve many purposes. In particular, scientists are investigating its potential as a cancer fighter.

Initial important evidence has been seen in smokers. Epidemiological studies done in the U.S. and other *(continued)*

Beta carotene bonuses

FOOD	BETA CAROTENE
Spinach	6.50 mg
Carrots	6.00 mg
Sweet potato/yam	5.15 mg
Kale	4.45 mg
Winter squash	2.45 mg
Cantaloupe	1.55 mg
Apricots	1.05 mg
Broccoli	.60 mg
Asparagus	.53 mg
Brussels sprouts	.28 mg

Amounts given are for a 3-oz. serving, before cooking. Beta carotene content can vary, depending upon time of the year and where foods are grown. Cooking triggers a 10% to 15% loss. Values computed by Paul LaChance, Rutgers University.



CURRIED CARROT AND SPINACH SALAD

Spinach, carrots and jicama team up for a nice change from the traditional salad.

Total prep time: 30 minutes ○

Curry Vinaigrette
- 2 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon grated fresh ginger
- ¼ teaspoon curry powder
- Salt and pepper to taste

- 1 orange
- ½ pound spinach, stems removed, julienned
- ½ pound carrots, julienned
- ¼ pound jicama, celery or daikon radish, julienned

Whisk all ingredients for curry vinaigrette in bowl until smooth.

Cut peel and all white pith from orange with a small, sharp knife. Cut between membranes and remove orange sections.

Combine spinach in large bowl with carrots, jicama and vinaigrette. Spoon onto platter. Garnish with orange sections. Makes 4 servings.

Nutrition info per serving: 125 calories, 2 gm protein, 7 gm fat, 14 gm carbohydrates, 54 mg sodium, 0 mg cholesterol.

Photos, Ellen Silverman; prop stylist, Susan Byrnes.

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THE WORLD'S EASIEST HOMEMADE BROWNIE RECIPE



IS ON THE BACK OF THIS BOX..

NUTRINEWS
continued

countries over the last decade show that smokers whose diets are rich in beta carotene have fewer cases of lung cancer than those whose diets provide little beta carotene.

How does it work? Most likely beta carotene acts as an antioxidant—neutralizing harmful charged molecules known as free radicals, which have been associated with cell mutations. Your body normally produces some free radicals as a by-product of metabolism, and they probably have little harmful effect at those levels. However, environmental factors such as smoking and exposure to sunlight, chemical carcinogens and ozone in the air step up production. Unchecked, free radicals can change the structure of cell walls, allowing other harmful chemicals to enter and cause damage.

Larger doses of beta carotene—in supplement form—may also prove to be a treatment for cancer, say researchers. The National Cancer Institute (NCI) is currently sponsoring studies across the country on patients who have cancer of various types.

Beta carotene is also capable of reversing oral leukoplakia, a precancerous condition of the mucous membranes inside the mouth, says Harinder Garewal, M.D., Ph.D., associate professor of medicine at the University of Arizona Cancer Center. Patients in Garewal's recently published study received supplements of 30 milligrams a day; 70 percent experienced reversal of their lesions. About 1 percent of oral leukoplakia develops into cancer annually.

IMMUNITY BOOSTER

Beta carotene may also enhance the body's ability to fight infection. In laboratory experiments, Joel Schwartz, D.M.D., D.M.Sc., associate professor, Harvard School of Dental Medicine, found that beta carotene seems to increase the activity of immune-system blood cells known as macrophages and killer T cells (for more on these cells, see story beginning on page 118).

THE EYES HAVE IT

To be sure, this nutrient can't perform all the miracles Mom promised: Eating carrots will not improve nearsightedness. But beta carotene does seem to work in two important ways to preserve eyesight. For one thing, it acts to prevent a vitamin A deficiency; lack of vitamin A can cause night blindness, or corneal problems that can lead to total blindness.

And new research suggests that th substance may even reduce the risk cataracts in later life. Paul F. Jacqu Sc.D., epidemiologist at Tufts Univ sity School of Medicine, found th people who eat more than three and half servings of beta carotene–ri foods a day have as little as one th teenth the risk of developing catara that people who eat less have.

DIET DOS AND DON'TS

How much beta carotene should y eat to secure protective benefits? Ple ty—and few of us do. According to NCI study, only 21 percent of Ame cans eat *any* of the appropriate vege bles on a given day.

"We're not talking about a few c rot shavings on a salad," says Paul I chance, Ph.D., professor of food scier and nutrition at Rutgers Universi in New Jersey. "We're talking abc one big carrot—or a dozen small one In technical terms, that means eati foods containing at least 5 milligra of beta carotene a day (see chart).

In the end, your best bet is to c sume five or six servings of a variety fruits and vegetables daily, which m represent a radical change for you. E in that way you can ensure a stea supply of beta carotene—and other r trients that may help it do its work

ecipe index

re is a listing of recipes appearing in this issue, luding those from the Journal kitchen and vertisements. Advertisers' recipes appear in ldface. Recipes marked with an asterisk include crowave instructions.

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RECIPE FOR SUSPENSE

Who cares who killed Laura Palmer? Since last season's cliff-hanger of the television series *Twin Peaks*, fans are wondering whether Special Agent Dale Cooper will live to have another great "cup o' joe" and a slice of cherry pie at the Double R Diner. That famous pie is actually served at the Mar-T Cafe, in North Bend, Washington, and baker Garnet Cross has shared her recipe with us. (Her piecrust recipe, however, is a closely guarded secret.) When you tune in on Saturday nights, why not have a slice yourself?

INSIDE THE JOURNAL KITCHEN

TWIN PEAKS CHERRY PIE

Drain 2 cans (16 oz. each) pitted sour cherries, reserving ½ cup juice. Combine 1 cup sugar, 3 tablespoons cornstarch, ⅛ teaspoon cinnamon and a pinch salt in medium saucepan. Stir in reserved cherry juice and 1 tablespoon lemon juice. Bring to boil over medium heat, stirring constantly; boil 1 minute. Remove from heat; stir in cherries and ¼ teaspoon vanilla extract. Cool completely.

Preheat oven to 425°F. Prepare your favorite pastry for a double-crust pie, or use 1 package (15 oz.) refrigerated pie crusts. Roll half the pastry on lightly floured surface into a 12-inch circle; line 9-inch pie plate with pastry. Spoon in filling. Roll remaining pastry into an 11-inch circle; cut vents with small, sharp knife. Place pastry over filling; trim edges, leaving a 1-inch overhang. Pinch edges together. Fold overhang up over edge and flute. Bake 15 minutes. Reduce heat to 375°F.; bake 30 minutes more, until crust is golden and filling is bubbly. Cool on wire rack. Serve warm or at room temperature. Makes 8 servings.

IT'S SO EASY, YOU'LL NEVER MAKE A MIX AGAIN.

NEW

Baker's® Chocolate One-Bowl Brownie Recipe

4 squares BAKER'S® Unsweetened Chocolate
3/4 cup (1 1/2 sticks) margarine
2 cups sugar
3 eggs
1 teaspoon vanilla
1 cup all-purpose flour
1 cup coarsely chopped nuts (optional)

1. **MICROWAVE***chocolate and margarine in large microwavable bowl at HIGH 2 min. or until margarine is melted. STIR UNTIL CHOCOLATE IS MELTED.
2. **STIR** in sugar. Mix in eggs and vanilla. Stir in flour and nuts. Spread in greased 13"x9" pan.
3. **BAKE at 350°** for 35 min. (DO NOT OVERBAKE). Cool; makes 24.

*RANGE TOP: Stirring constantly, melt chocolate and margarine in 3-quart saucepan over very low heat.
CAKELIKE BROWNIES: Stir in 1/2 cup milk with eggs and vanilla. Use 1 1/2 cups flour.



Homemade. You never had it so easy.

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MY SISTER'S LEGACY

continued from page 160

following morning. I touched my breast one more time before going under, and then it was over.

When the official results came back, George Blumenschein gave it to me straight. He said, "Nancy, there was no node involvement and your tumor was still small, but the tests suggest your tumor could be very fast-growing. Therefore, I am going to recommend we treat this very aggressively. To bring you from an 85 percent survival chance to 95 percent, I recommend four courses of chemotherapy." That was all I needed to hear to make my decision. I wanted to go home to Eric and Norman and be the wife and mother they counted on.

Some didn't agree with the treatment I chose. They thought it was perhaps too aggressive. All I can say is this: The informed decision was mine. Each woman has to decide for herself.

One afternoon shortly after my surgery, the phone next to my bed rang. Betty Ford was on the line. When I began to fight back my tears, she said, "Nancy, allow yourself the luxury of tears. Cry your heart out. Really pity yourself and ask, 'Why me?' You need to do all of that . . . but only for one day. Get it all out, then let it go. You have a lot of people who love you and are pulling for you to recover." When I hung up the phone, I took Mrs. Ford's advice and cried my heart out. The next day I checked out of the hospital.

It was time to start taking control. I bought some short wigs. I wanted to look good for Norman and Eric. Poor little eight-year-old Eric was so frightened. All he knew was that Aunt Suzy had breast cancer and she died, and now his mother had the same disease. I felt the best thing I could do for him and for Norman was to convince them I felt as well as possible.

After the first chemo treatment, I experienced significant nausea and then mild flu-like symptoms before I started to feel good again.

I was very self-conscious the first time I got into bed with Norman, but I shouldn't have worried. He made me believe that it really didn't matter to him that my breast was missing.

Nine days after my first round of chemotherapy I was brushing my hair, when I saw the brush was filled with hair. The next day, there was even more hair in the brush. I sat there crying. Then I remembered Mrs. Ford's words. It was time to get on with it. I got into a steaming hot shower and yanked every hair out of my head before it could fall out.

I did my best to keep my bald h covered up, but Eric saw it once, ar know he was really jolted. That s passed, and he was back to acting l an eight-year-old boy. He'd come o to kiss me, then yank off my wig a run away with it. Naturally, I'd t off after him screaming, and soon w end up on the floor, laughing until tears streamed from our eyes. I enormously grateful for those s times because it proved that our re tionship transcended the disease.

I went back to the Komen Foun tion and resumed as many of my ties as possible. I had to prove tha was the ideal cancer patient. T years after my initial surgery I deci on reconstruction.

I tried to do everything possible have a healthy mind and body to p vent a recurrence. I had a hystere my because the chemotherapy had tered my hormones and periods. doctors felt estrogen regulation wo be inappropriate with my history breast cancer unless I had my ova removed, so I had a complete h terectomy with oophorectomy. S women do go on to have children a breast cancer, depending on the spe ics of their disease. Given my parti lar situation and *my* family's histor



oted to forgo that possibility. The op- ation prevented me from having the ne thing in life I might truly miss, a ild with Norman. But we each have ildren of our own, and that's more an some people ever have.

As I look back over the past thirteen ears, I'm amazed by the trauma my mily has endured. But I believe that uch good has come out of that trage- through the Susan G. Komen Foun- ation. We've made enormous strides increasing public awareness of reast cancer. The money we've raised as helped fund research projects all er America. We created a national etwork of researchers, breast-cancer ecialists and treatment facilities. very day we do our best to reach ore women, to enlist more fighters in is war against cancer.

I miss my sister terribly, but it akes me feel good to know that I'm ith her every day through my work. ne gifts she gave me in life I continue cherish, but the gift she gave me in eath is the one for which I will be ernally grateful. It is also the gift ne gives the world. ■

or patients and physicians with ques- ons about breast cancer, the Susan G. omen Foundation provides a toll-free umber, 800-I'M-AWARE.

■ A WOMAN TODAY

continued from page 27

our situations and feelings are very different from those of older patients, and I want young heart-surgery patients to learn that a heart defect doesn't have to be a death sentence. Alex, Greer and I are living proof. ■

THE FACTS ABOUT MVP

Although Julianne's story is frightening, it is by no means a common case. It is very rare for mitral valve prolapse to result in life-threatening consequences. According to the American Heart Association, only a very small percentage of people with MVP experience symptoms of any sort; the majority lead normal lives.

It's relatively rare for any woman under forty-four to have a heart attack or stroke. Latest estimates from the American Heart Association indicate that annually three thousand women aged twenty-nine to forty-four have a heart attack; every year eight thousand women aged thirty to forty-four suffer a first stroke.

MVP is diagnosed by listening for a "click" or "murmur" in the patient's heart through a stethoscope or by finding a curvature in the mitral valve through an echocardiogram, or both. However, a mitral valve that seems slightly abnormal may be a normal variant that is misdiagnosed as MVP, says Jeffrey Bender, M.D., assistant professor of medicine in the cardiology unit of the Yale School of Medicine.

The 10 to 15 percent of MVP patients who do have a significant form of the condition run a slight risk of complications such as endocarditis, serious heart-rhythm disturbance (arrhythmia) or, in very rare cases, stroke or heart attack. Men, patients over forty-five and patients with damaged mitral valves are more likely to suffer complications. Only 1.5 percent of women with MVP will ever need a valve replacement.

Generally, the risk of complications from pregnancy, labor and delivery is also very low in women with MVP. Those with severe mitral regurgitation (a leaking valve), however, need to be monitored closely by a cardiologist, since the increase in blood volume induced by pregnancy can put stress on the heart. And before a vaginal delivery, women with MVP must also be given antibiotics to prevent endocarditis, since bacteria normally found in the vaginal area can get into the bloodstream during childbirth. (All MVP patients must also take antibiotics before certain types of surgery or dental work, including cleaning.) —IRENE NYBORG-ANDERSEN

MELANIE GRIFFITH

continued from page 155

Alexander—displayed on end tables.

Although the baby has a full-time nanny, it's Melanie who administers Dakota's mashed-broccoli-and-carrot lunch, who puts her down for her nap and makes sure she's asleep. Only then does Mom curl up on the sofa with a visitor and a pack of cigarettes.

Griffith, thirty-three, looks every inch—well, maybe every *other* inch—your average young mom. She's wearing no visible makeup; her blue jeans, work shirt and Reeboks have seen better days; and her blond hair is bundled into a ponytail.

Then again, she's also wearing diamond-stud earrings and an impossible-to-overlook four-carat ring—a bauble from the *other* pretty blond in the family, husband Don Johnson, to celebrate this couple's second go-round as spouses. Her eyes are annoyingly blue, her sensual mouth is quick to smile, her skin could be confused with satin. No doubt about it, folks, what we have here is a Movie Star.

Still, Griffith pleads in that now famous high-pitched breathy voice, "Couldn't we just talk about my kids?"

One could scarcely blame her for wanting to steer the conversation safely toward diapers and domesticity and away from autobiography. After all, for almost her entire tenure in the spotlight, Griffith, the daughter of actress Tippi Hedren (*The Birds*) and businessman Peter Griffith, has had to contend with questions about her problems with drugs and drink and about her dangerous liaisons: her first marriage to Johnson, her four-year marriage to actor Steven Bauer (*Scarface*). And, of course, her remarriage to Johnson.

Thoroughly modern Melanie was fourteen when she first saw Don Johnson, then a twenty-two-year-old who was co-starring with her mother in *The Harrad Experiment*. The two soon decided to try living together. "I was skeptical—only because of her age—but she was a lot more woman than most of the girls I had been going out with," Johnson has said, while adding, "I *did* feel a little strange picking her up after school."

Engaged on Melanie's eighteenth birthday, the couple married a year later and were headed for divorce court in a matter of months. About all Griffith had to show for the alliance was a ripe pear ("pear" was her nickname for Johnson) tattooed on her derriere—she still has it.

On those rare occasions when reporters shifted from a discussion of Griffith's untidy private life to a discussion of her career, there were sure to be questions about those racy roles she was always taking: By Griffith's eighteenth birthday she had made something of a specialty of playing nymphets in movies like *Night Moves*, *The Drowning Pool* and *Smile*. She followed up those roles with the portrayal of a stripper in *Fear City*, a porn starlet in *Body Double*, a schizy seductress in *Something Wild* and a businessman's mistress in *Stormy Monday*.

Then came the role that won her a Golden Globe award and an Oscar nomination, Tess McGill, the uncultivated but determined Wall Street secretary in *Working Girl*. Now, though she's playing yet another wayward woman in *Bonfire*, she's clearly moved from risqué to respectable.

Perhaps it was the remarriage to Johnson, or the birth of Dakota, but these days her pace, in life and work, is far more measured and mature. Indeed, concerned about the possible effect on her family—Dakota; Alexander, her son by Bauer; and Jesse, Johnson's seven-year-old son by actress Patti D'Arbanville—Griffith turned down the role of stripper Blaze Starr opposite Paul Newman in *Blaze*.

"I wouldn't do something now that I wouldn't want my kids to see," she says. "I don't think I've really done anything that I wouldn't want them to see as long as they're old enough."

As Griffith readily admits, she ha not always made wise choices. "I wa pretty wild, carefree and careless i my teens and twenties. I could do an thing I wanted and I did, and I learne a lot," says Griffith, who after the spl from Johnson reportedly dated Rya O'Neal, among other Hollywood stud made a string of B movies, drank t much and used drugs.

Through all that, says Griffith, learned that life is really precious ar it's important to live it clearly and n be influenced by drugs or alcohol. Ar the biggest thing that changed me wa having my sobriety, you know, ar then getting back with Don."

Her eyes sparkle at the very me tion of Johnson, with whom she ha kept in close touch through her ma riage to Bauer and through his r mances with D'Arbanville and Barbr Streisand. When Melanie began ha ing problems with alcohol during th filming of *Working Girl*, it was Joh son (once a hard drinker) she turn to; he persuaded her to check in Minnesota's Hazelden Foundation f treatment. "He was there for me all th way," Griffith says of those days.

Three months later, when a clea and sober Griffith went to Miami visit family, she and Don rekindl their romance. And last year, they r stated their wedding vows.

Still, even amid the wedded and p rental bliss, there is always the fear slipping off the wagon. "I think eve alcoholic thinks about it," Griffith a mits. "I don't think about it as mu anymore, but it's a disease. It's a ever-present disease and it's one day a time, but it's a lot easier now. Wit Donny being sober, too, it's a big hel

"Sobriety has changed my life," sh adds. "I still go to AA, not as much a I should, but I do go. Thank Go Donny's sober and we do it together

Griffith seems to spend little tim ruing her party-girl past, preferring concentrate on the glorious here an now. "I don't have that many regrets she says, "except that I wasn't wit Donny all my life. But maybe it's be ter the second time around. I've alwa loved him. He was my first love an we were always friends. There wa this connection. And everything seem better now because of all that."

That everything is great betwee the two is a note Griffith is eager keep sounding. It may be part of a effort to counter tabloid tales of tro ble in paradise.

Although Johnson hasn't had a bo office hit recently, Melanie insist "There really isn't any jealousy b tween us—we've worked that out To hear Griffith tell it, the couple

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only bone of contention is Johnson's hobby of speedboat racing. "I'm frightened, but there's nothing I can do to stop him," she says resignedly. "He loves it, and it's something I have to accept." Griffith is far more comfortable with Johnson's jogging pace: about five and a half miles per hour. She clocks in at four. "I try to work out every day," says Griffith, who has pared her five-foot-nine frame down to one hundred twenty pounds. "It's hard to make the time, but it's a question of discipline."

Perhaps because Griffith's private life is so serene—take that, you tabloids—she is more directed in her career. "You know, I don't think I had any particular goals when I first started out . . . I was just doing it," says Griffith. "Now I just want to make good movies that people will feel something from, that will maybe change somebody's life a little bit or make somebody real happy—like *Working Girl*].

"So many people came up to me in the street and said, 'Oh, God, thank you so much.' It was such a good feeling. Tess gave so many working women self-esteem." And, adds Griffith with pardonable pride, "she was the best work I've ever done."

The work as a Wall Street wunderkind wannabe certainly made Hollywood bullish on Griffith; she's been working almost nonstop since Dakota's birth. Before heading east for *Bonfire*, she wrapped *Pacific Heights*, a psychological thriller that opens this month and includes a cameo by Tippi Hedren. After *Bonfire*, Melanie will be playing a secretary-turned-World War II spy in the screen adaptation of Susan Isaacs's best-seller *Shining Through*.

Being in demand is demanding, as Griffith has learned. "I really believe it's possible to do it all, but it is hard to work and know that I can't be with my kids and my husband all the time," says Griffith, who intends to bring her brood along when she goes to Germany for *Shining Through*. "I don't want to be without my children. No way."

When the family is not at home in Los Angeles, the preferred site is their million-dollar mountain spread in Aspen. "Don and I are probably moving to Aspen soon so that the kids can lead as normal a life as possible," says Griffith. "It's a great environment for them.

"I don't feel I really had a childhood," she adds a bit wistfully. "I grew up so fast. I was really independent and left home when I was fifteen. Sometimes I wish I had stayed home to grow up with my parents."

The vulnerable side of Griffith is never far from the surface, and that's just fine with her. "You know, I don't think I've toughened up over the years; hopefully, I've gotten smarter and learned more about life. But I don't feel that I'm a hard person."

Dakota begins to stir. "It's amazing to watch children discover everything and notice everything," says Griffith. "I'd like to have another one soon."

Politely excusing herself, she uncurls herself from the sofa to attend to baby cries and reemerges moments later with her gleeful-looking child. "Isn't she beautiful?" coos Dakota's doting mother, not waiting for an answer, not needing one.

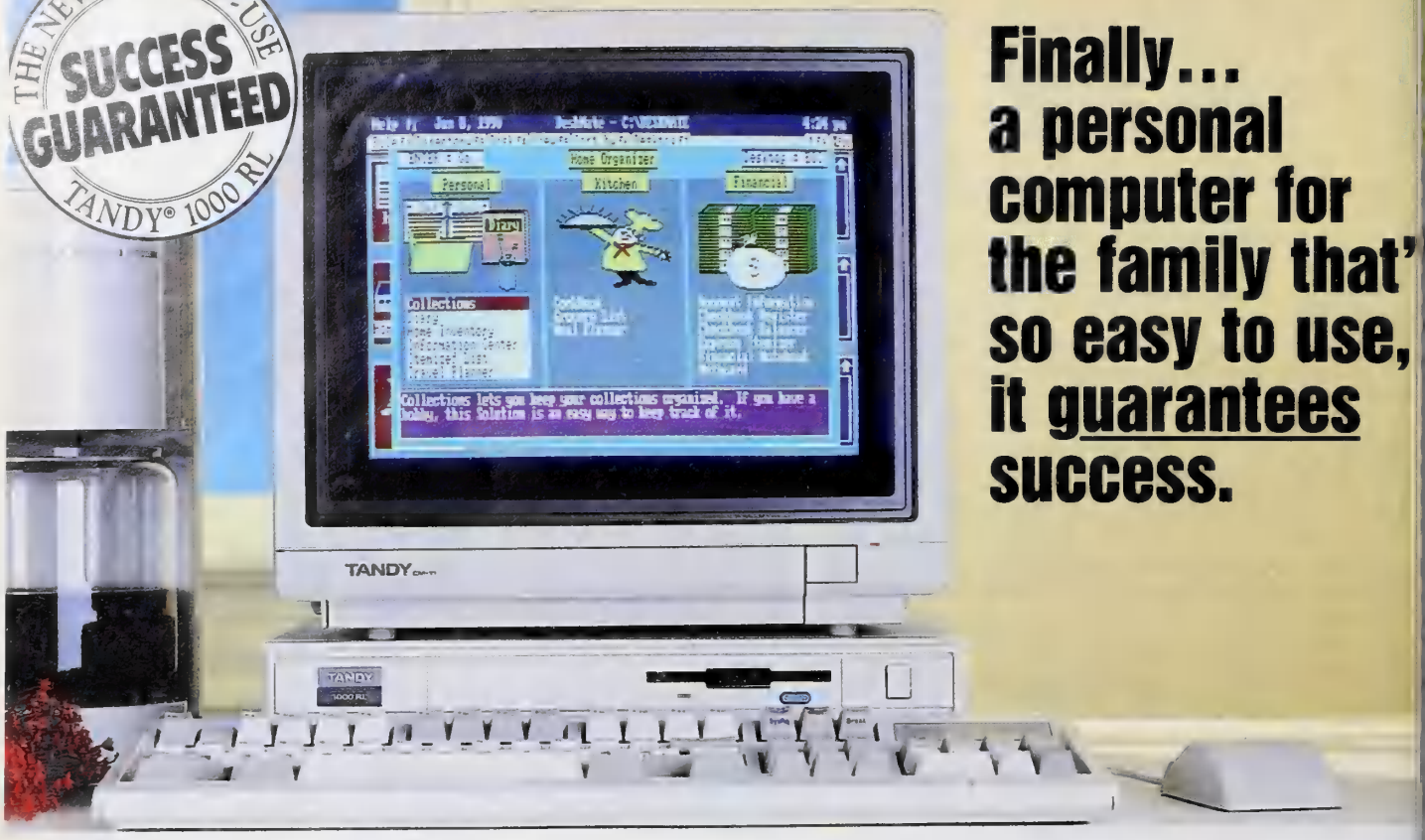
Out of Griffith's work-shirt pocket comes a snapshot of the baby and the rest of the gang: Alexander, Melanie in white peignoir and a be-stubbled, bathrobed "Donny" holding Dakota in his lap. "I don't look so good," says Griffith. "But doesn't Don look happy?" Very happy.

Griffith has now moved from the sofa to the floor, spreading out some toys and gurgling for the entertainment of her blue-eyed girl. "I guess," says Melanie sheepishly, "I'm basically an old-fashioned type of woman." ■

Bonnie Siegler writes frequently about celebrities.



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MOTHER'S NIGHTMARE

continued from page 153

Karen, at another saying she shook the child gently because he had stopped breathing. But the injuries couldn't have happened that way, doctors said; the child had clearly been a victim of abuse. Vickie was arrested, and doctors were able to approximate the time of David's injuries to the hours when he was with Vickie. She was convicted of involuntary manslaughter and is now serving a prison term of eight years and eight months.

Fortunately, Amanda was not hurt. "But I'm still numb," Karen says today. "The only feeling you can have is to hate them after they've done this terrible thing. I don't know what I'd do without my [other] baby."

A national shame

Tragically, David's death is hardly an isolated incident. While the vast majority of family day-care providers—those who look after children in their homes—are dedicated workers who give excellent, loving service, there are a frightening number of cases like this one. Exact statistics are difficult to come by, but Deborah Daro, director of research for the National Committee for the Prevention of Child Abuse (NCPCA), in Chicago, estimates by extrapolating from Illinois figures that there may be nine thousand children abused in family day care yearly across the nation. Many are seriously injured; some are killed.

How can this happen? Critics point to a network of inconsistent child-care laws combined with inadequate social-service resources and a surprisingly hands-off attitude on the part of some doctors. On top of that, many parents fail to act when a child is abused, because they don't recognize the signs.

Family day care now serves an estimated six to eight million children in this country, according to Sandra Gelert, past president of the National Association for Family Day Care, a child-care providers' organization in Washington, D.C. That's at least twice as many youngsters as are in nonresidential day-care centers. But family day care doesn't receive the same attention from lawmakers. Because there are no federal standards, regulation is left to the states, and laws vary widely. In forty-three states, loopholes exempt the majority of homes from governmental supervision—for example, the state might require registration only if the caretaker watches six or more children.

As a result, in many states, unlicensed and untrained family day-care providers are able to operate in unsafe quarters. They may be caring for more children than they can handle, and they may have had no background check. Some may even have a criminal record.

"We have standards for auto mechanics," says Senator Christopher Dodd (D-Conn.), who advocates tougher family day-care regulations. "If you want to fix cars, run a pet shop or cut hair, you have to be licensed. But God forbid we should ask some criteria for watching our nation's children."

Reformers would like federal or state regulations to require licensing for all family day-care providers, and they say requirements should cover four crucial areas: number of children permitted per caretaker; adherence to local safety codes such as fire laws; training for providers, especially in how to handle situations that provoke abuse, such as excessive crying; and screening for criminal records and history of child abuse. Not a single state has laws that cover all four areas.

Attempts to tighten regulations have been struck down repeatedly in state legislatures around the country. Legislators often cite funding as a factor in the case of screening for criminal records, saying only a few former offenders will be uncovered—at great cost. "Part of the problem is still the old-fashioned idea favored by some politicians that every mother should stay at home, thus ignoring the reality of millions of children already in day care," charges Barbara Reisman of the Child Care Action Campaign, in New York City.

Others argue that regulations are no easy solution. "At best, state regulations are only minimum standards," says Sandra Gellert. "And parents may overlook quality for something cheap and close to home. We need better regulations backed with money [for enforcement]."

Even in states with relatively good laws, like California, enforcement of every provision is next to impossible. Vickie Maas, the sitter Karen Duncan chose, should have been licensed, according to California law. But there is no way officials could uncover such violations short of house-to-house searches.

Parents at sea

Under the present system, hiring even a state-registered or -licensed day-care worker is no guarantee of safety.

When Jane Snead, a forty-year-old administrative assistant in Fairfax, Virginia, sought child care for her six-and-a-half-week-old daughter, Ashley, in November 1986, she obtained a list of family day-care providers registered with Fairfax County's Office for Children. Sitters who wanted to register had to pay a small fee and submit to a background check.

Jane was impressed by one woman on the list, Martha Guba, a fifty-eight-year-old grandmother who was looking after eight other children. "I charge a little more," Martha told Jane, "but I give that extra loving care." Jane began bringing Ashley to Martha's house every day.

Then, one afternoon in July 1987, Jane got a frantic call at work. "Ashley's dying!" Martha screamed. The little girl died before Jane could reach the hospital.

At first doctors believed that the baby was a victim of sudden infant death syndrome, but toxicology tests told another story. Ashley had died of imipramine poisoning. Imipramine is an antidepressant, which Martha's doctor had prescribed for her. An investigation showed Martha had been giving Ashley the drug to stop her crying. The baby's blood and liver showed such high levels of the drug that the toxicologist concluded she must have been given the medication for days.

"If you want to fix cars, run a pet shop or cut hair, you have to be licensed," says Senator Christopher Dodd. "But God forbid we should ask any criteria for watching our nation's children."

Guba was convicted of felony child abuse and sentenced to ten years in prison. But it was not her first crime. After her arrest, Guba's fingerprints were compared with national records. Police found that under six aliases and different Social Security numbers, she had been convicted in two other states for larceny, vagrancy, disorderly conduct and grand theft. She had also spent time in a mental hospital. But Virginia's records check covered only crimes within the state, and only offenses against children. Fingerprints were not checked. A 1968 Virginia conviction for neglecting her own children went unnoted, because it was under another name.

"If a person is guilty of mass murder, as long as the victims were adults, we wouldn't be aware of it," says DeAnn Lineberry, assistant communications director for Virginia's State Department of Social Services. "In addition, if the provider has convictions in another state, even if these were crimes against children, we'd never know, because we don't have access to *(continued on page 222)*

TRAVEL PLANNER

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PLANNING THE PERFECT WEEKEND GETAWAY

"Time out" is becoming as essential to well-being as healthful meals and regular exercise. Unfortunately, the day-to-day obligations that cause stress in the first place often leave no time for much-needed escapes. The solution: Take short, relaxing breaks as often as you can, and use them to vary your environment and routine. If you live in an urban area, go out to the country and enjoy nature. Country dwellers, take in the bright lights of the nearest city.

Even a simple weekend getaway requires a little thought (but not too much). To make your trip run smoothly, follow these guidelines, then sit back and relax.

Plan ahead. Since you've only got a couple of days, it's best not to leave too much to chance. For instance, don't assume you can just check into the perfect little hotel without calling ahead. Popular spots book up months in advance—if you wait, you may end up staying miles out of town. Make reservations as soon as possible, and when you call, get detailed directions so you don't waste time wandering around. If you plan to dine at a special restaurant or visit a theme park, museum or other attraction, confirm opening times before you leave.

Consider each person's needs. While your idea of a perfect weekend may be a quaint country inn, your husband may crave exciting nightlife, and the kids may want to swim or ski. To avoid conflicts, have the whole family sit down and discuss their ideal getaway. Do you want to sightsee, or just flat-out relax? How far are you willing to drive? Is the purpose to spend time together as a family, or would the kids like to meet people their own age while you two get away from it all? Once everyone has voiced an opinion, come up with a compromise. If you want a quiet setting, your husband loves tennis and the kids enjoy making new friends, choose a secluded resort that offers sports and children's programs.

Don't overdo it. Too much travel and too many activities can defeat the whole purpose of a weekend escape—you'll end up more exhausted than you were before you left home.

Look for discounts. Although weekends are prime times for couples and families, they're mini "off seasons" for hotels that cater to business clientele. As a result, many places offer weekend packages at substantial savings, some with added incentives like show tickets or shopping discounts. Check the travel sections of metropolitan newspapers—the money you save can help finance future getaways!

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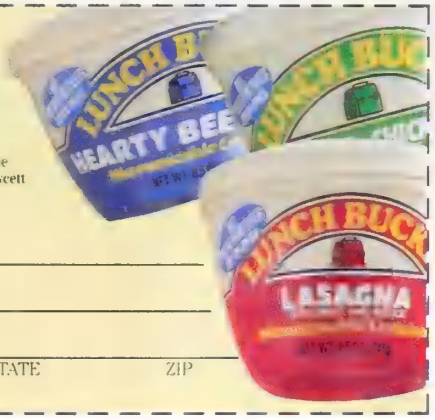
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MOTHER'S NIGHTMARE

continued from page 219

FBI records. [The state of Virginia] can trace weapons and parents who are not paying child support, but we can't trace someone who has a record of abusing children."

Doctors—not on call?

Physicians are required by law in every state to report suspected abuse in children they're treating if they see unusual injuries—bruises, burns, broken limbs. But often they look the other way; a recent Rand Corporation study of health and education professionals who come in contact with children found that one third of those polled, including doctors, said they didn't always report suspected abuse.

That laissez-faire attitude led to a lifelong tragedy for Nathan Eakle, of Austin, Texas. In 1986, his mother, Susan, then thirty-five, left her four-month-old boy with Phyllis Watt, a registered family day-care provider. Susan, a veterinarian, says she put a lot of time into the search for the right caregiver. "I was looking for someone with experience who could handle a colicky baby like Nathan," she remembers.

Two months later, the baby lay in intensive care, fighting for his life. His head had been slammed against a hard surface. Nathan survived, but he has been left profoundly brain damaged, blind and quadriplegic. After seven months, Watt was charged with inflicting Nathan's injuries. A week before her pretrial hearing, she was found dead in her car, an apparent suicide.

The stress and trauma have taken their toll on the Eakles' marriage, and Susan and her husband are now divorced. "I have so much anger," says Susan. "Watt destroyed my son's life as surely as if she'd killed him."

Had the system functioned properly, Nathan would never have suffered. In 1983, two children in Watt's care had suffered limb fractures of a type that could only have resulted from abuse. Watt claimed the injuries were accidents, but the doctor who treated both children never reported suspected abuse, according to court records.

Why are some doctors failing in their duty? "They just don't want the hassle that comes with having to make a report, fill out all the paperwork and get involved in an investigation," says Anne Cohn, executive director of the NCPCA, "If the case comes to trial, they also have to take time off to testify."

"There are more doctors who do report suspected abuse than those who don't," counters David L. Chadwick, M.D., director of the Center for Child Protection at Children's Hospital and Health Center, in San Diego, and a member of an American Academy of Pediatrics committee on child abuse. "When in doubt, doctors should report suspected abuse."

He suggests that more training is needed to increase physicians' awareness and responsiveness. "Child abuse is still receiving scant attention in both academic research and medical schools," he adds. "For the past two years, there has not been one question on the national board exams about child abuse. That's something to be ashamed about."

Overloaded systems

Even when a suspected case of abuse is reported, it often isn't followed up by social-service agencies. Over the last five years, the number of child-abuse complaints nationally has risen more than 50 percent, according to Cohn, while the number of investigators available has increased by only 2 or 3 percent. Due to the stress of the job and low pay, there's a high turnover rate, leaving inexperienced workers to conduct complex investigations.

Thus, caseworkers are often unable to establish a pattern of abuse. For example, they must often drop a case and sometimes destroy the file if they have not found evidence to prove abuse—even if their failure is due to a simple lack of time. If another report comes in on the same person, it is treated as a first-time case.

There had been two complaints against Vickie Maas, David Duncan's baby-sitter, before the child was put into her care. One of the complaints was misfiled, so law-enforcement officers never connected the two. If they had, they might have moved to arrest Maas much earlier.

Protecting your own child

If parents can't rely on doctors and social workers, they must become more knowledgeable themselves about

CHOOSING A FAMILY DAY-CARE HOME

Before you place your child in family day care, consult your county licensing agency to find ou what the local regulations are, if any (check the phone directory under child protective services) Make sure any sitter you interview adheres to the standards. And remember that even c licensed sitter may not have had a background check, so either way, you must evaluate he carefully yourself and check with as many references as you can. Don't be afraid to ask pointed questions of other parents, such as "Did you ever notice any injuries?" or "How does the sitte handle discipline?" The following are indications of trouble:

LIMITED ACCESS **Avoid a sitter entirely if you are not allowed to drop in or if the sitter say she needs to "get ready" before you can come by.**

CROWDED CONDITIONS **How many children does the provider care for? The ideal per adult according to the Children's Foundation, an advocacy group in Washington, D.C., is no more tha two children under two, or five children aged two to five. Come back unannounced to check.**

VISIBLE STRESS **"Does the baby-sitter look as though if you dropped a pin, she would paste herself to the ceiling?" asks Richard Krugman, M.D., professor of pediatrics at the University o Colorado Health Sciences Center. Sitters under stress are more likely to lash out at kids.**

FAMILY MEMBERS **Evaluate the sitter's adult and teenage relatives; in a recent Colorado case an infant was killed by a day-care provider's husband.**

EXTREME TIDINESS **Is the home *too* neat and quiet? It could mean the sitter is physicall restraining children in her care or even giving them tranquilizers.**

KEEPING YOUR CHILD SAFE

Once your youngster is in day care, keep in close contact with other parents who use the facility and observe the other children at pickup and delivery times.

It's essential, too, to monitor all injuries. In general, be wary of any explanation by the sitte that is unlikely for your child's age. Should you see *any* of the following signs of abuse, consult a physician immediately, and report the injury to social-service agencies. If you feel you pediatrician is taking the case too lightly, call the nearest medical school or the county medica society for a referral to a child-abuse expert.

- **Bruises on babies not yet walking should raise a red flag no matter what the explanation.**
- **Toddlers do bruise themselves in tumbles, but they typically strike extremities such as th forehead, cheekbones, elbows, knees. Bruises of other areas, such as ears, abdomen, buttocks genitals, lower back, inner thighs, neck, cheek, earlobes and upper lip, are suspicious, as ar broken limbs, burn marks and small crescent-shaped bruises that look like pinch marks.**
- **A child's screaming in the sitter's presence or verbal expression of fear.**
- **Significant behavior changes in child: withdrawal, for example, or violence.**
- **Irritability, lethargy, vomiting, breathing difficulties and convulsions may indicate head injury**

.e signs of abuse. "But parents don't ways recognize the signals," says elen Blank, director of child care at .e Children's Defense Fund, in Wash-gton, D.C. "Parents come home ex-austed, the provider has a likely ex-anation for the injury, and the story believed."

Such was the case with twenty-six-onth-old Michael Saindon, who died November 1988 in a San Antonio ospital of hemorrhage of the brain. he little boy's head had been frac-ured in several places; one break split s skull open from ear to ear. Doctors ay such an injury could only result om a slam against the floor or a wall. His sitter, Debbie Burrows, says she inks the little boy hit his head on ie corner of a table and has revealed othing more. She has been indicted r murder, and her trial was sched-led to start as the *Journal* went to ress. The wife of an assistant pastor the Saindons' church, Debbie taught unday school and sang in the choir.

"The day Michael was injured, he ept clinging to me and screaming, 'No Debbie's house! No go!' recalls his nother, Debra Saindon, a thirty-sev-n-year-old optometrist. "He had cried ccasionally when we left for day care, ut I always thought it was because he idn't want to be away.

"Toward the end there were signs that in retrospect are suspicious," says Saindon. They included, she says, a burn on the baby's arm, a bumped head, a bruised ear and three small bruises on his face. The sitter had reasonable explanations for them all.

"You just don't know what it's like to see your baby's death certificate with the word *homicide* written on it," Saindon says, near tears. "Sometimes I go into Michael's room and sit next to his empty crib. It seems like a dream that we once had a little boy."

Working for change

Parents, spurred by the news of such horrible deaths, have successfully lobbied for improved regulations. For example, after Ashley Snead's death, Fairfax County, Virginia, tightened its laws to include a criminal-background check. A group of mothers in Colorado formed Public Awareness About Abuse in Child Care and succeeded in having a new law passed there. It includes a mandatory criminal-records check and fines for violations of regulations.

"In addition," says Barbara Reisman, "parents have to be vigilant, not just when they hire the provider, but every day their child is in that home.

"I don't think we can absolutely prevent such tragedies from occurring," she continues, "but with better regulations, training and increased attention from parents, we can certainly do a better job." ■

Elaine Whiteley is a free-lance writer who lives in San Diego.

FOR MORE INFORMATION:

■ **The National Committee for Prevention of Child Abuse**, P.O. Box 2866 J, Chicago, IL 60690; write for list of publications.

■ **Public Awareness about Abuse in Child Care (PAACC)**, P.O. Box 545, Station 12, 930 South Monaco, Denver, CO 80224; and **Parents Against Child Abuse (PACA)**, P.O. Box 1262, Temecula, CA 92390. Support groups for parents. Now expanding nationally, both have been instrumental in getting changes in legislation in their states.

■ **The National Association for Family Day Care**, 725 Fifteenth Street Northwest, Suite 505, Washington, DC 20005; 800-359-3817. Sponsors a voluntary accreditation program for day-care providers who can fulfill its model program requirements. Providers must also be licensed or registered in their state. Call for a list of accredited providers in your area. You can also ask that your sitter take part in the program.



LAST LAUGHS

A test of wheels

My heart's in my mouth, my hair's turning
gray—
My daughter just got her license today.
Already she's busy, phoning friends far and
near,
Making plans for tonight (and the rest of the
year!).
The radio's blaring—she's not a bit nervous;
How I long for the days of "Mom's Taxi
Service."
But all I can say as she goes zooming past
Is, "Sweetie, remember to leave *me* some gas!"

—Lee Gibson

A HALLOWEEN COSTUME HINT (NOT FROM HELOISE)

If you really want your kid to scare the other folks on the block, tell him nothing is more frightening than a life-insurance salesman. Have him dress in a dark three-piece suit and say things like, "Why don't we sit down at your kitchen table and review the coverage you already have? My company has a policy that will better suit your needs. Here, have a pocket comb and a rain bonnet." The neighbors will throw bags of candy at him just to get him off their porches.

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"NEVER UNDERESTIMATE THE POWER OF A WOMAN"



FRANCIE® by Sherrie Shepherd

OUT OF THE MOUTHS OF BABES

One day my sister told her mischievous six-year-old, Gary, that she would like to go one whole day without scolding him. "Well," Gary politely replied, after pausing a moment, "you have my permission." *—Gail Smith, Van Nuys, CA*

While visiting a relative in the hospital recently, I overheard a young girl in the waiting room ask her father what an X-ray was. "It's just a picture, honey," he reassured her. "Do I have to say 'cheese'?" she said.

—Mary Bezanson, Springfield, MA

After serving as the flower girl in my wedding, my seven-year-old niece, Melissa, told her mother that she was going to marry the boy next door when she grew up. When her mother asked her why, Melissa said, "Because I'm not allowed to cross the street." *—Linda Franks, Covington, KY*

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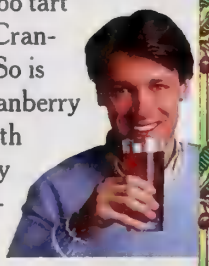
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LADIES' HOME Journal® VOL. CVII NO. 11 NOVEMBER 1990

NEVER UNDERESTIMATE THE POWER OF A WOMAN
LADIES' HOME JOURNAL

To celebrate fifty years of the *Journal*'s famous slogan, we've put together this collector's edition in honor of women everywhere. Enjoy!



MOVERS AND SHAKERS
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SPECIAL REPORT

195 • **The fifty most powerful women in America** We compiled a list of the women who embody the spirit of leadership today. Some are rich and famous, others are hardly household names, but they all have this in common: They make things happen. Revealing interviews with Barbara Bush, Cher, Madonna and Barbara Walters, plus profiles of forty-six other newsworthy and noteworthy women.



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176 • **Ten ways to increase your money power** In this uncertain economy, making the right money moves is more important than ever. Find out an expert's secrets of financial stability. *By Andrea Rock*

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83 • **Women of the years** From Rosie the Riveter to the suited yuppie of the eighties, each era had its own image of womanhood. A chronicle of icons that defined the decades. *By Leslie Jay*

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96 • **How to make yourself a stronger person** If you want to be one of life's winners, learn to accept and appreciate the person you are. Plus, a workbook to help you build confidence in yourself. *By Claire Berman*

106 • **How to boost your child's self-esteem** Give your kids a head start by laying a firm foundation for a sound self-image. *By Lawrence Balter, Ph.D.*

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- On a separate sheet of paper write down the name of your favorite recipe from the Duncan Hines Recipe Booklet
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- Send the favorite recipe name and your tip plus one proof of purchase from any Duncan Hines product to be received by January 15, 1991 to: Duncan Hines Holiday Contest, P.O. Box 173, Lynbrook, NY 11563 (Entry must include your name, address and telephone number)

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- **3rd prize** A top-of-the-line handmixer

So hold onto this announcement (it's got all the rules and entry instructions) and enter as soon as you receive your December issue of Ladies' Home Journal. Happy holidays and good luck!

OFFICIAL RULES

1. Write (or type) your best baking tip (50 words or less) and the name of your favorite Duncan Hines recipe from the *Duncan Hines Recipe Book* legibly. Entries must be received by January 15, 1991, and must include one proof of purchase from any Duncan Hines product. Send to tk address. 2. Contest is open to all residents, 18 years of older, of the USA, its territories and APO/FPO addresses except employees and members of their households of Duncan Hines, Meredith Corporation, their affiliates, and advertising agencies. Residents of Vermont, Maryland, Arizona and Massachusetts need not send proof of purchase. Winners are responsible for all taxes on prizes. Proof of eligibility and compliance with rules may be required. By entering this contest, entrants agree to be bound by these rules and consent to the use of their name and/or baking tip (without additional compensation) for publicity purposes, carried out by sponsor. Prizes (the first prize microwave/convection oven with a retail value of $500, the second prize set of gourmet bakeware with a retail value of $200 and the third prize top-of-the-line handmixer with a retail value of $50) are not transferable and no substitution of prizes allowed. 3. Winners will be selected on or about February 28, 1991. Winners will be notified by mail. Entries must be original and not previously published. Entries will be judged by a baking expert on originality and creativity. The decisions of the judges are final. 4. For a list of winners, send a stamped, self-addressed envelope with your request to: Duncan Hines Holiday Contest, P.O. Box 173, Lynbrook, NY 11563. Subject to all applicable state, federal and local laws and regulations. VOID WHERE PROHIBITED, TAXED OR RESTRICTED BY LAW. 5. Entrants may obtain a copy of the Duncan Hines Recipe Booklet by writing to: Duncan Hines Holiday Recipes, P.O. Box 6627, Wayzata, Minnesota 55393.

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116 • **What makes a woman sexy?** Real men tell what makes a woman irresistible (surprise—it's not what you think). *By Sherry Suib Cohen*

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155 • **The healers** Women bring a special brand of compassion to the challenging treatment of illness. A moving photo essay.

163 • **The take-charge patient** There's a revolution in the waiting room—no longer are women simply following doctor's orders. A special report on breast cancer, hysterectomy and hormone therapy that you must read. *By Andrea Atkins*

298 • **Fifty ways to use your power** We've got nifty little inspirations to get you out of a rut, help you make the world a better place or simply make you smile.



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146 • **How to *really* enjoy your kids** Forget the endless debate over quality time versus quantity time. Here's a way to find the energy to make those little moments count. *By Pamela Redmond Satran*

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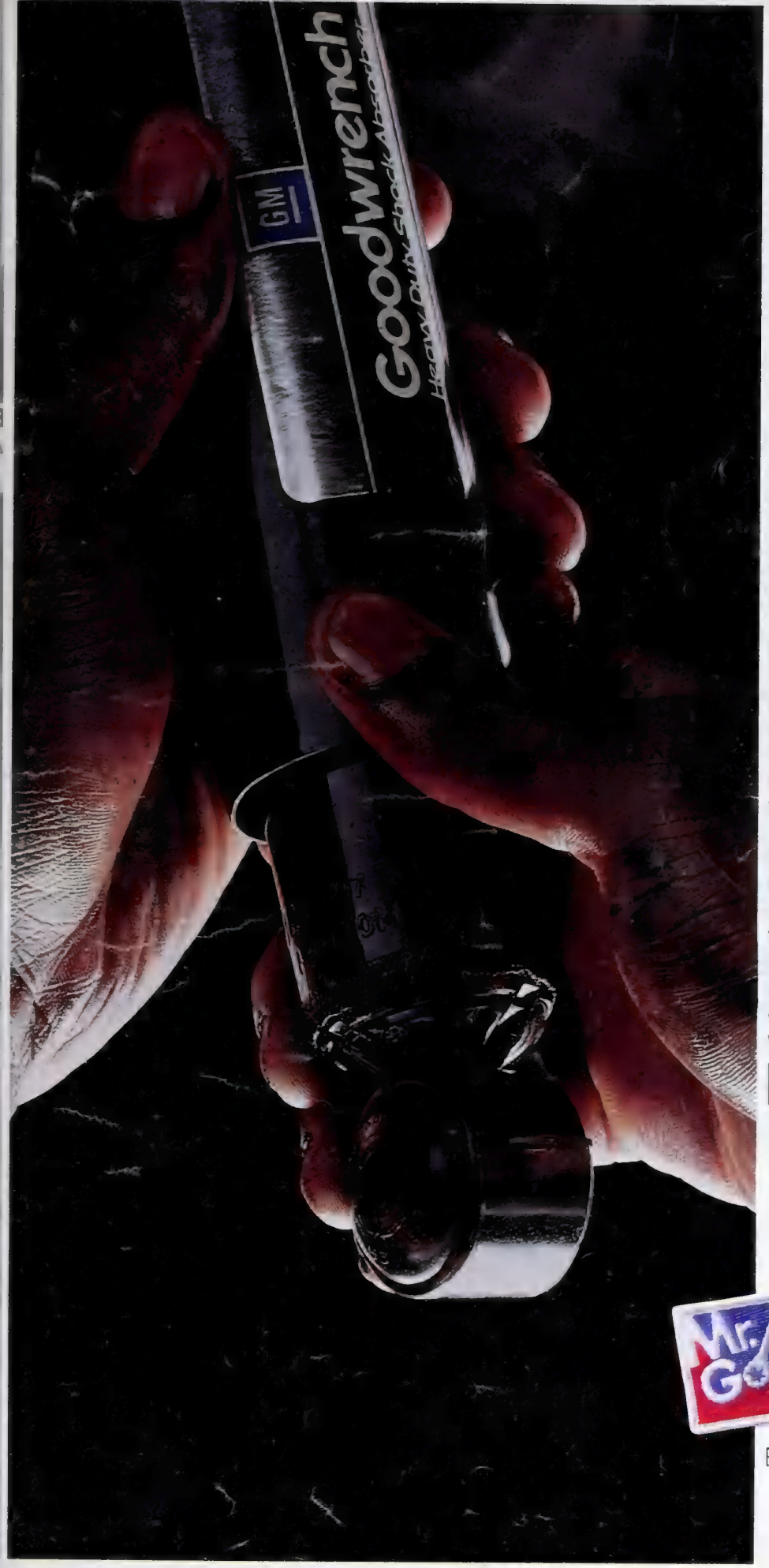
64 • **The power of color** Super style is made in these shades. Try the eight great fashion hues that are guaranteed to get you noticed.

202 • **Secrets of style** Top designing women Adrienne Vittadini, Donna Karan and Norma Kamali have always been on the cutting edge—and these up-to-the-minute collections are sure to keep them on top.

224 • **Great faces** We selected six singular beauties whose timeless looks are beyond compare. *By Lois Joy Johnson*

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210 • **A house without a man is still a home** These three professional women didn't wait for Mr. Right to come along before putting together a comfortable home of their own. *By Lauren Payne*



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216 • **Every woman can** . . . fix a flickering lamp or a leaky faucet, with this simple step-by-step guide to tackling minor home repairs.

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232 • **A Thanksgiving to remember** Meet the Call family (they number sixty-plus!) and their ninety-seven-year-old matriarch as they sit down to their traditional feast. *By Jan Turner Hazard*

246 • **Women chefs' hall of fame** A who's who of talented women: From Fannie Farmer to Betty Crocker to Julia Child—the cooks who've brought innovative tastes and techniques into America's kitchens.

259 • **The ultimate low-fat cookbook** The healthful eating catchphrase for the nineties? Watch the fat. We've gathered the latest research and created recipes to help you do just that.

274 • **Inside the Journal kitchen/Recipe index**

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182 • **LHJ sweepstakes**

295 • **Power dressing** Join the celebration of our slogan with casual clothes every woman will love.

REGULAR FEATURES

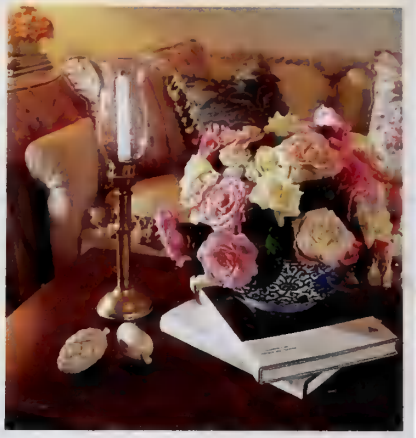
16 • **Editor's journal**

28 • **Can this marriage be saved?** "We're in love again" Everyone always wants to know, Were these marriages really saved? A follow-up of three popular stories of the past ten years.
By Margery D. Rosen

38 • **A woman today** "The courage to learn" Not so long ago, she couldn't even read a bedtime story to her children; now she's helping others fight illiteracy.
By Rose Marie Semple

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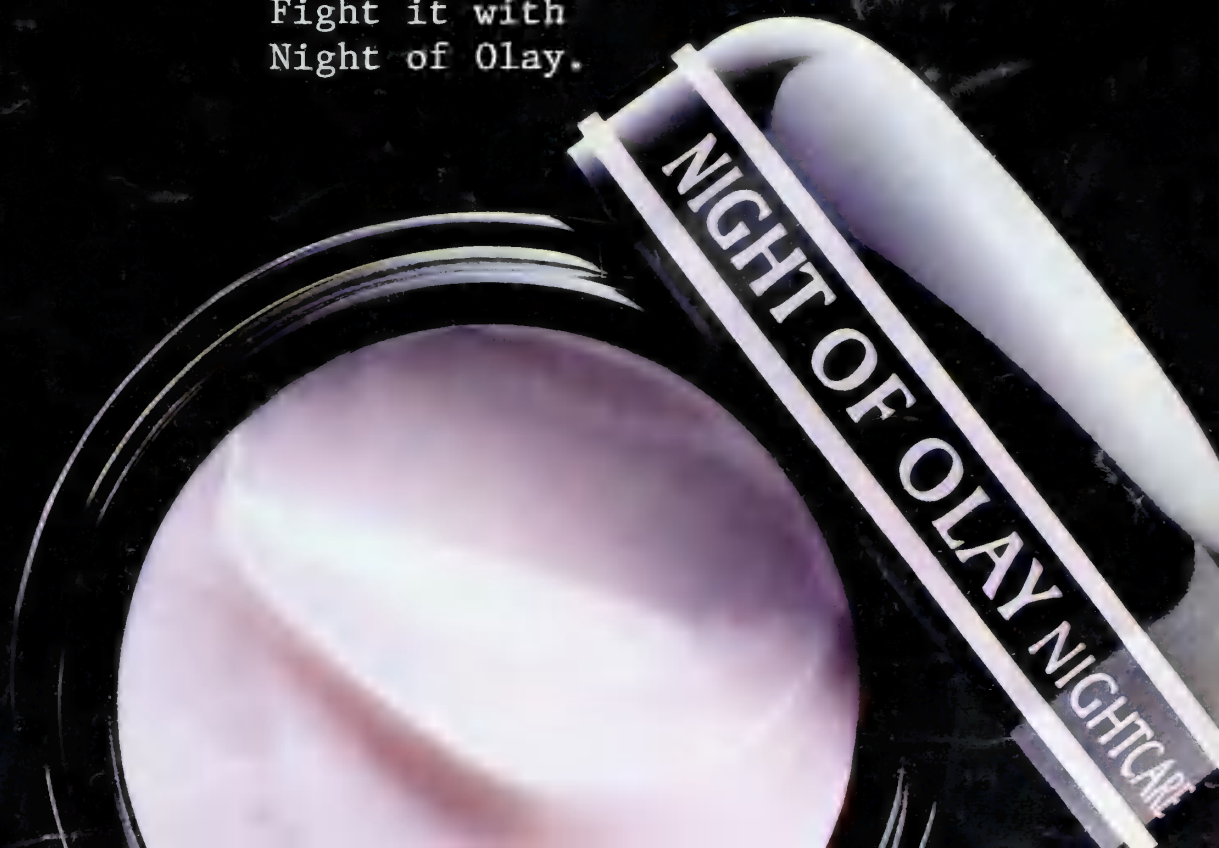
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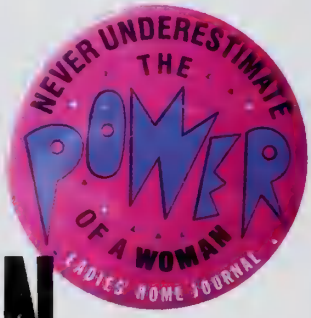
EDITOR'S JOURNAL



Welcome to a historic issue that celebrates the strength of today's woman in all its many varieties. LHJ is stronger and more vital than ever, too, thanks to our inestimable readers!

By Myrna Blyth

NEVER UNDERESTIMATE THE POWER OF A WOMAN



Fifty years ago, the saying Never Underestimate the Power of a Woman® was created to promote *Ladies' Home Journal*. Popular from the start, this evocative phrase has become one of the best-known and best-loved advertising slogans anywhere.

Ladies' Home Journal was already a magazine that informed and inspired millions of women even half a century ago. (Yes, your grandmother and your great-grandmother probably read and loved their *Journals*.) Of course, at that time, very few women dreamed of the opportunities that all of us can now enjoy. Yet even then, *Ladies' Home Journal* was unique in respecting, supporting and applauding women's public and private achievements.

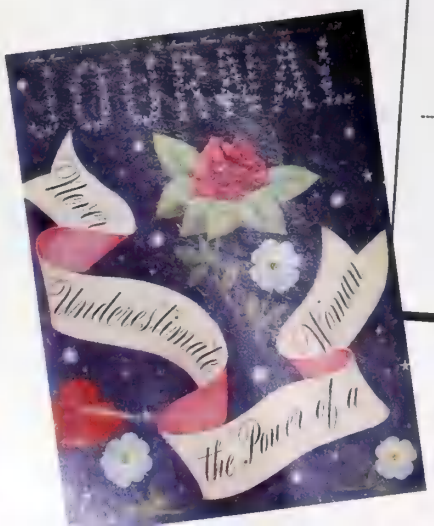
Certainly, during the past fifty years, *Ladies' Home Journal* has changed in as many ways as our readers' lives. The biggest difference is that women's power in the workplace, in politics and in their own homes has dramatically increased. This special anniversary issue celebrates both our slogan and the growing power of women. And we're also celebrating a feat that I believe is unequaled in magazine history: that fifty years later our magazine—like our motto—is more vital than ever!

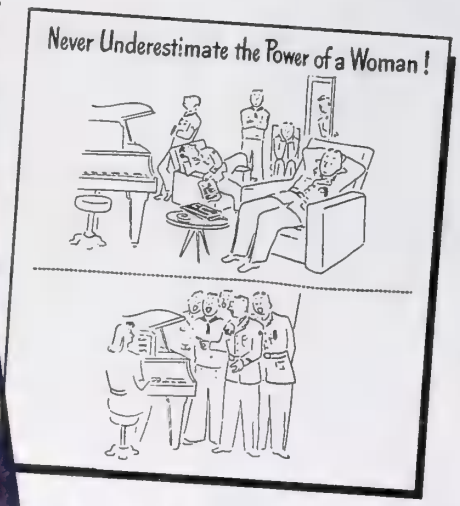
Our lead story is about America's fifty most powerful women. How did we pick these prime movers and shakers? First of all, by acknowledging that even today women have not yet achieved power equally in all fields. We knew that to be accurate, our list would have more women in certain professions, such as media and entertainment, than in others, like heavy manufacturing. We wanted fifty women on our roster whose power was remarkable and unquestioned.

After months of research and after consulting with scores of professional organizations, we created what I'm a little hesitant to call a "master" list of several hundred outstanding and important women. From this group we picked fifty and characterized the type of clout they possess, whether it is the power of their ideas or their influence, their fame or their fortune. These are indeed strong, successful, special women—and likable ones.

In this issue we also profile women whose accomplishments directly touch your lives in a more personal way. For example, we salute the best women chefs our country has produced. You may not know all their names, but we're sure some of their recipes are among your favorites. We also highlight today's top women designers, who know that dressing for

(continued on page 20)





A 1940s cover and cartoon that feature our favorite motto—which has never been more apropos



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EDITOR'S JOURNAL



Left: A daring woman, Lena Golovko of the Moscow Circus; right, a proud editor holding "Can this marriage be saved?" Soviet style

(continued from page 16) success means creating clothes that are comfortable as well as stylish. And we present a portfolio of gorgeous photographs of famous women who possess the powerful gift of beauty. None of these women is a girl . . . and one of our great faces is eighty-one. For today, unlike in the past, women know that beauty is not diminished by age but can be refined and strengthened by it. And never underestimate the significance of that change in attitude.

We also honor less-famous women in this issue. You'll read about some who devote themselves to healing others and some who are determined to make over their lives. What's more, there are many articles that give you the information to increase your own power—to help you build your confidence, to be a better-informed patient, to get smarter about money, to improve your own and your family's health, to become more alluring.

Also, we want to share with you a very special event in which *Ladies' Home Journal* is involved. To complete our Never Underestimate the Power of a Woman® anniversary celebration, *Ladies' Home Journal* is publishing a special Soviet edition of this issue that will be distributed in the U.S.S.R. by Novosti, the Soviet press and information agency.

The sponsor of the Soviet edition, which will include a special thirty-two-page Russian-language section, is Dare Fragrance, by Quintessence. In its advertising campaign, Dare highlights daring American women. In our special Soviet edition and in this issue of *LHJ*, Dare's advertisement features a daring Soviet woman, a star of the Moscow Circus, aerialist Lena Golovko of The Flying Cranes.

A share of the profits from the sales of *Ladies' Home Journal* in the Soviet Union will be donated to the Children of Crisis Foundation, created jointly by American and Soviet citizens to help children who were victims of the devastating Armenian earthquake, and to the Soviet Children's Fund.

In this time of *glasnost,* with the world changing dramatically each day, we think being the first American women's magazine to publish a Soviet edition is a powerful demonstration of *Ladies' Home Journal*'s understanding of the new realities that affect us all.

Finally, I want to tell you what I believe about women and power: No, we are not as far along as we will be tomorrow, but we are a lot further along than we were yesterday. Yes, there are still inequities that we all feel, and too often women are victims—of others, and sometimes of themselves. But for most women, today is full of possibilities. More than ever before, we can make what we want of our lives. Right now. *Ladies' Home Journal*'s half-century-old slogan makes women—and even most men—smile and wonder: How could anyone underestimate the power of women anymore? And isn't that something worth celebrating?

THE POWER OF THE '90s

In malls all over the countr editor Susan Parkes ask men and women what the sl gan Never Underestimate t Power of a Woman® meant them. Here's what they had to s



■ Women can do anything. They ha the mind and the power to advance a go for whatever their goals are. Nothi can stop us now! **Tina Jo Gray, Godfr Illinois, salesperson**

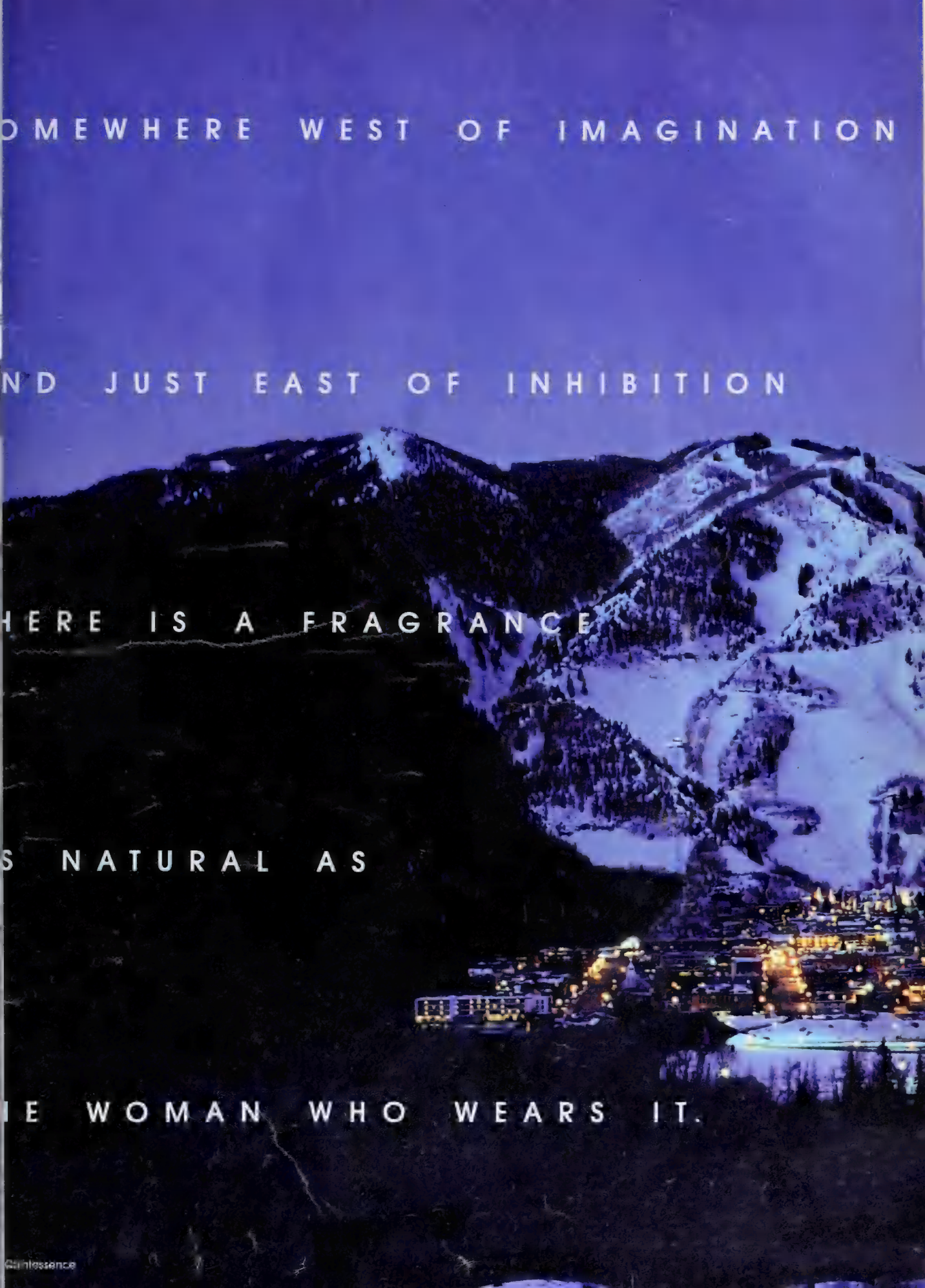


■ *Slowly but surely we are getting more po er. Women are holding better positions. are still being held back to some degr but we have the ability to forge forwa GRACE GUTIERREZ, SACRAMENT CALIFORNIA, HOMEMAKER*

■ *I want someone who walks* with *me,* behind *me! CAMILO GUTIERREZ, SACR MENTO, CALIFORNIA, BUSINESSMAN*



■ How can you u derestimate a wo an who owns h own business, is dependent and is loving wife? **Be Shilling, Emma Pennsylvan owns promotio business**


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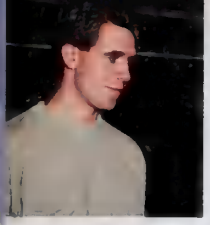
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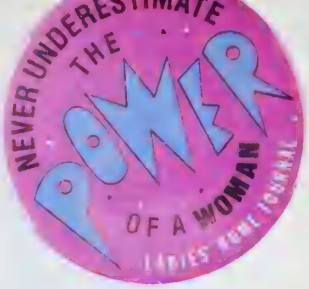


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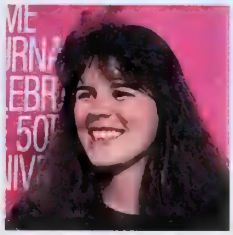
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■ **A WOMAN CAN BE WHATEVER SHE WANTS. ONE DAY WE'LL SEE A WOMAN PRESIDENT. I WOULDN'T MIND IT A BIT IF I HAD A WIFE WHO COULD GO OUT AND MAKE A MILLION DOLLARS. I'D STAY HOME AND WATCH THE KIDS! I'M ACTUALLY LOOKING FOR A WIFE NOW AT SCHOOL!** DAVID KRAUSE, ST. LOUIS, STUDENT

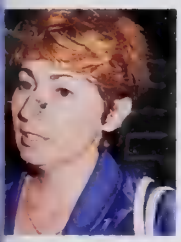


■ *I can do anything a man can do. I run the plant at a rock quarry. I operate some of the equipment and even shovel rock. There's no such thing as a man's job anymore! JESSICA OLINSKY, BLAIRSTOWN, NEW JERSEY, PART-TIME WORKER AND STUDENT*





■ **I can play sports as well as the boys can.** Angela Ryan, St. Louis, preschooler



■ I think women have come a long way. I work as a secretary for the military, and the secretary runs the show. She is very powerful and acts as the buffer for the men. Today in the government women are treated equally, and many women excel to high positions. **Joan Militello, Hazelwood, Missouri, a secretary for the U.S. Army**

■ I've raised seven children. I have twenty grandchildren, and I'm celebrating my fiftieth wedding anniversary in January. All of this didn't come easily—but it was *worth* it! **Lorraine Derby, Bartonsville, Pennsylvania, salesperson**



■ Women are getting more powerful every day. Women have the same opportunities as men do in the Army. There are a lot of women supervisors. I've worked for them, and they make great bosses! CHARLES READING, ST. LOUIS, A SUPERVISOR FOR THE U.S. ARMY





■ **Obviously, you have met my wife! She's a dynamo.** Joe Gonzalez, Junction City, Kansas, Lion's Club member



■ **We have proven ourselves to be powerful. No one can take that away from us, so we can stop trying to be all things to all people.** Wanda Rouzan, Sacramento, California, attorney

■ In the nineties, women have the power to do anything they set their minds to. Women, just go out and do it! **Patricia O'Hara, Moscow, Pennsylvania, student**



■ As the nineties progress, women will get even more confident. Today there are no limitations to any person except for the ones you put on yourself. **Cherie Ross Regan, Sacramento, California, president and owner of Manikan Manor, a modeling school**





■ **I've worked as a school-bus driver and a manager for a food chain. It's not that we have to beat men, it's just that we want to be able to compete with them. I think we are doing a good job.** Dianne Schaffer, Gilbert, Pennsylvania, salesperson



■ **Five years ago, there wasn't one professional woman in my office. Now there are six!** Kim McCleary, Redding, California, civil engineer

■ A lot of women are afraid of power. They are afraid to be assertive. However, you have to remember women do have a lot of power. Some choose to use it; some don't. I plan to use it as I enter the business field. **Jamie Markovitz, New York City, recent college graduate**



■ **After forty years of marriage, you'd be nuts to underestimate the power of a woman!** Joseph Ceriani, Sacramento, California, retired





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CAN THIS MARRIAGE BE SAVED?

"WE'RE IN LOVE AGAIN"

Does couples counseling *really* work? A look back at three of the most popular stories in our long-running column proves that the drawing power of marriage is stronger than ever.

By Margery D. Rosen



WHAT HAPPENS TO couples after they've been through marriage counseling? Do they really use the tools they learned in therapy to overcome new hurdles? What worked for them—and, frankly, what didn't work?

To find out, we revisited three couples whose stories in "Can this marriage be saved?" were among the most popular of the last ten years. Interestingly, while these less-than-happily-marrieds were seeking help, millions of others across the country were beginning to see the value of couples therapy, too. While the National Center for Health Statistics still projects that one out of two new marriages will end in divorce, there's actually been a slight decline in the divorce rate over the last ten years—from a peak of 5.3 per thousand in 1981 to the current 4.7 per thousand. What's more, experts note that like the couples we reported on, more people than ever before are consulting marriage counselors instead of divorce lawyers. While there are no exact figures on the number of couples currently in therapy, the sharp increase in the number of marriage and family therapists is a pretty good indicator: According to the American Association for Marriage and Family Therapy (AAMFT), their membership more than doubled in the last decade, from eighty-three hundred in 1980 to more than seventeen thousand today.

"There's no question that men and women are talking less about ending a marriage and more about how to make their relationships work," says Ralph Earle, Ph.D., a marriage and family therapist in Scottsdale, Arizona, for twenty years, and current president of the AAMFT. "Whether it's the economic turmoil of the past decade, the fear of AIDS or the baby boomers growing up and focusing more on family values, no one can say. But the appeal of the marriage bond does seem stronger," adds Earle.

Though it's traditionally been women who sought out marriage counselors, recently that's changed, too. Experts note that today, men are more able to accept responsibility for problems in a relationship. "They're more willing to work through the pain to resolve conflicts," says Earle.

While circumstances change from case to case, the underlying reasons couples seek help remain much the same. "Probably the biggest is the fact that so many still cling to an idealized vision of the perfect marriage, one that was shaped by their early romantic experiences, by movies, television and novels, even by Madison Avenue," notes Paul Moschetta, D.S.W., who has been part of a marriage-counseling team in New York with his wife, Evelyn Moschetta, D.S.W., for over twenty years, and the author of *Caring Couples* (Roxbury Press, 1984).

Unfortunately, many couples also believe that a good marriage never needs fixing. "Not true," says Evelyn Moschetta. "Even the best relationships need retuning from time to time—especially at critical junctures."

For thirty-seven years, "Can this *(continued)*

Introduced thirty-seven years ago, CAN THIS MARRIAGE BE SAVED? is the most popular, most enduring women's magazine feature in the world. The stories reported here are true, though names and other details have been changed to conceal identities. CAN THIS MARRIAGE BE SAVED? is a registered trademark of Meredith Corporation.

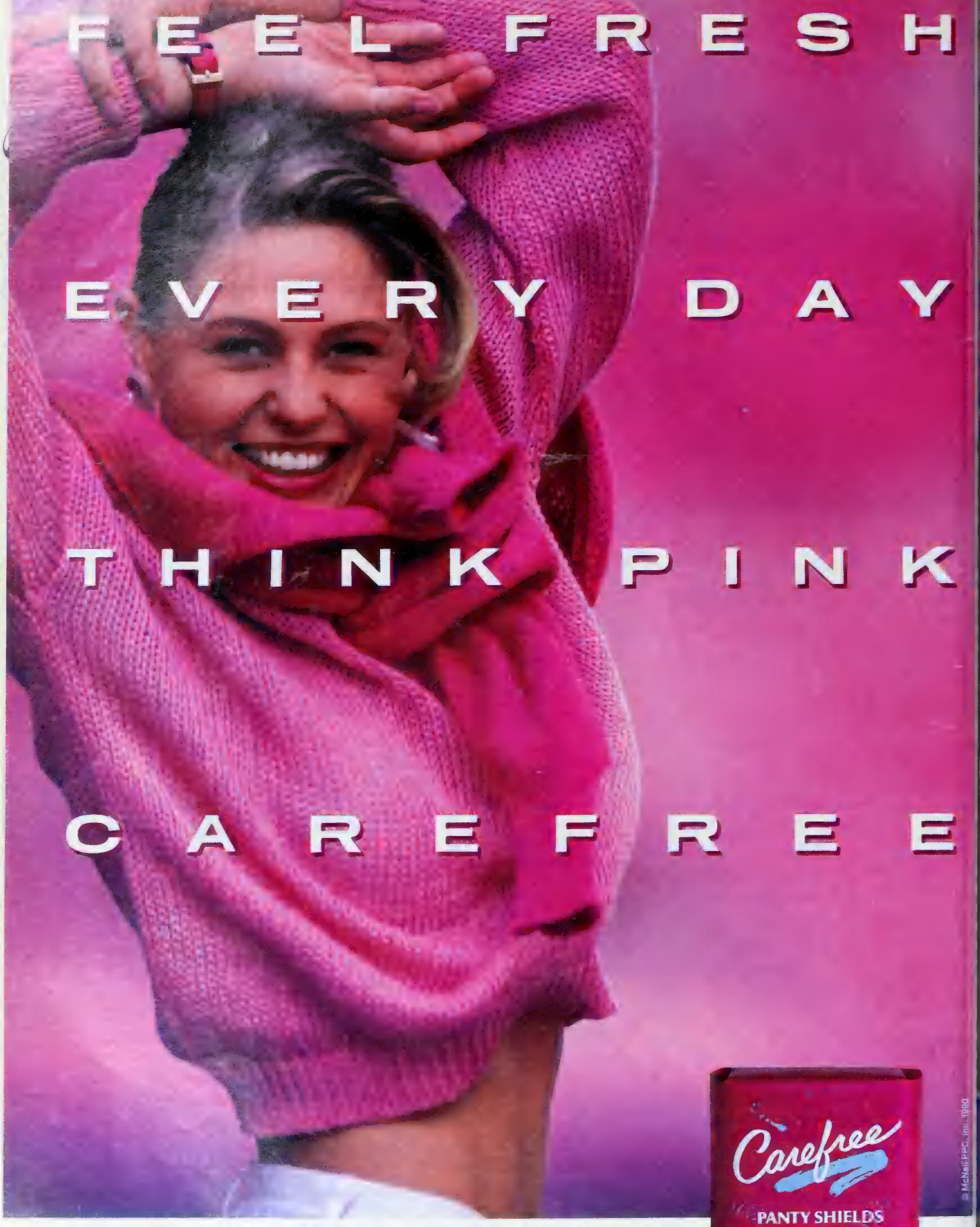
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CAN THIS MARRIAGE
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rriage be saved?" has chronicled e problems of troubled couples who ve sought professional help. By indi- lually interviewing husbands and ves from across the country as well their therapists, outlining the par- ular issues and defining workable utions, this feature has helped mil- ns of readers realize they are not ne in their difficulties.

"Probably the most important effect this column," says Earle, "is that it s removed the stigma of counseling couples are not afraid to seek profes- nal help." Here's how three couples rned to strengthen their mar- ges—and how you can learn from ir success.

came last in my husband's e" (March 1981)

thy, twenty, and Dave, twenty-nine, d been married just over a year when first met them. Kathy was dis- ught: Dave, a police officer, seemed care more for his buddies on the ce than for her. "Why does he go nking every night with the same vs he's with all day?" she asked. at's more, she said, "most of Dave's ary goes to buy drinks for his nds," and her dream of buying a me and raising a family was disap- ring along with his paycheck. Kathy mitted that to feel better she splurged expensive outfits from the depart- nt store where she worked.

Dave saw things very differently. thy wants a fairy tale," he insisted. he house with the white picket fence d roses, the babies in the playpen d the husband who runs behind her e a puppy." He deeply resented thy's inability to understand how portant his friends were, and he de- red her accusations that he was an oholic: "To her, any drinking is too ch." Dave felt trapped in a no-win tionship. "I'm not ready to give up identity," he told the counselor.

The biggest change for me was that inally grew up," says Dave, now rty-nine, who retired from the po- department in 1987 to run his own urance agency. "I stopped insisting re was nothing wrong with me and rything wrong with her."

A partner's failure to take responsi- ty for problems in the relationship one of the most common obstacles ples face. The counselor, Carl P. eing, Ph.D., visiting assistant pro- sor, division of public administra- n, at the University of New Mexico, Albuquerque, had to convince Dave address his drinking problem.

Like many of the people I counsel," notes Doeing, "Dave was an episodic drinker. He used drinking to cope with the high stress of his job and to deny some real issues in his life." Dave did enroll in a four-week, live-in clinic for substance abuse, where he learned to stop using alcohol as a crutch. He then went on to counsel other police officers with drinking problems.

Next, Dave and Kathy tackled another common marital problem: failing to put the relationship high on their priority list.

"When you get married, you quit dating," Kathy says. "But we found ways to bring back the romance. Sometimes Dave calls me at work, tells me he's arranged for a baby-sitter—our girls are nine and seven now—and that we're going out to dinner, just the two of us."

And they both agree the most important goal they took with them was setting aside time to really talk. "It sounds so trite," Dave says, "and when Dr. Doeing suggested it, I shrugged it off. The first time we tried to schedule our talk, we ended up just staring at each other." But they've been diligent in their homework: "Every night after the kids are asleep, we make a pot of coffee and talk," says Kathy, "no matter how tired we are."

When it comes to honest communication, Doeing cautions couples not to talk solely about nice, happy things but to make a point of discussing problems and renegotiating issues as they come up. "So many couples avoid conflict. They put everything they don't want to discuss in a little mental box. Before they know it, the box is full and they're not talking at all, he says.

Through counseling, Kathy and Dave learned to function as a team instead of as opposing players. That was especially critical when they needed to get their finances in order. Says Dave, "I was so poor as a kid that every time Kathy spent any money, I'd panic. But I know now I can trust her."

"And I realized I was using shopping as a weapon against my husband," adds Kathy. "I was so angry that I'd run out and buy a new outfit just for spite." Now neither makes a major purchase unless they discuss it first.

Like many couples, Kathy and Dave sometimes argue over parenting issues. But if either disagrees with what the other has said or done, they try to wait until the girls are asleep to discuss it. "You have to present a united front," Kathy says, "but again, since we've learned to talk to each other, that's not so hard anymore."

"My husband is never there for me" (September 1984)

Jenny, thirty-seven, could *(continued)*



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(continued) *no longer pretend that her marriage was just fine, and she was tired of hearing from other people how terrific her husband, Tim, forty-one, was. A dedicated doctor, Tim seemed to be available for everyone but her. Though he was helpful with their teenage twin sons, as soon as the kids were in bed Tim would bury his head in a medical journal. If his partner called, even in the middle of dinner, he'd drop everything. "I can't be rude," Tim explained. And he was tired of being screamed at by a wife who should know, he said, how demanding his job was. "Jenny stores up her hurts, then she explodes. She thinks yelling clears the air," he complained. "She actually told me just a few months ago I hadn't been attentive enough to her during labor." Jenny had filled some of her time with a part-time job, but it wasn't enough. "I don't know why I'm so unhappy in a marriage other women would envy," she said.*

"Thank God we went to see Jim," Jenny, now forty-three, says, referring to James W. Walkup, Jr., D.Min., director of the Counseling Center of Southern Westchester, in New York. Jenny was convinced her problems were solely her husband's fault: "Jim made it clear that this was a couple problem, not just Tim's, as I had insisted."

Jenny learned a great deal about herself. "I wasn't sharing the real things," she admits. "I felt so much anger, I'd put Tim on the defensive. For me, everything was black or white, and instead of identifying my own needs, I'd blame Tim, yell and get bitchy—usually at a time when Tim was busy trying to do something else so he *couldn't* be there for me."

Jenny—like many women whose husbands are in demanding jobs—had trouble honoring her own needs. "Jenny felt lonely, ignored and unimportant," said Walkup. "She thought she wasn't entitled to feel that way because, after all, Tim wasn't out drinking with the guys; he was saving lives. Counseling helped her realize that even though her frustration was justified, she had to learn to keep it from consuming her."

What helped them the most? Jenny and Tim learned to plug in times for each other, even intimate times. "At first I hated the idea of scheduling sex," said Jenny. "But therapy helped us realize that in this day and age, we schedule everything else, so why not schedule time for us, too?" Now, one night a week is faithfully reserved for a "date."

Jenny and Tim faced a real medical crisis a few years ago when Jenny was stricken with Epstein-Barr syndrome, a debilitating viral illness that kept her hospitalized for weeks. "I was helpless for over a year. But Tim was there for me all the way, managing the house, helping with the kids. I knew I'd always be able to count on him," Jenny says.

Also, like many couples, Jenny and Tim needed to learn to respect the fact that they had different temperaments, different styles of handling problems. "I'm a planner," says Jenny. "Tim is much more laid-back; sometimes I get upset because it seems that he's not dealing with a problem until it hits him over the head. But I try not to mold him into my image. I work on things I can change, laugh about those I can't."

"Couples must understand that it's not important whether they agree with each other all the time," notes Walkup. "But each person has to accept that the other's view is a valid one." Jenny and Tim's understanding of such differences was tested two years ago when they bought a small cottage in Maine, and Jenny wanted to get away by herself for a week or so. Tim at first felt abandoned at this uncharacteristic display of self-sufficiency, "but now I know she needs her space, too, and it doesn't mean she doesn't want me in her life," says Tim.

"I want to add that therapy didn't end for me when we ended counseling," Jenny says. "Finally, I have the power to recognize a problem when it's happening—and the strength and tools to do something to correct it."

A partner's failure to take responsibility for problems is a common obstacle couples face

"My perfect husband wants out" (May 1988)

In this case, we saw a twist to the problems explored above: The husband felt he came last in his wife's life. Howard, forty-four, a businessman, was tired of putting up with Gail's myriad outside activities. "I have to join one of her organizations just to be with my wife," he complained. Meanwhile, he claimed, the housework never got done and their sex life was nonexistent. He particularly resented being a summer bachelor when Gail, forty, spent the season at a church camp with their two teenage sons. Howard was also dismayed at the way his sons were turning out: They rarely helped around the house, they squabbled constantly and one spiked his hair with green gel and wore an earring—something this staid, New England–bred father couldn't abide. Though he believed he was telling Gail all along how he felt, she never got the message and was shocked one evening when Howard announced: "I'm leaving you." He didn't want to save his marriage. He came to counseling to work out a "civilized divorce."

As their counselor wisely noted, Howard, now forty-six, who runs his own computer business, found it difficult to express negative feelings, and though he thought he was communicating, he really wasn't. Too many times, couples busy with family and community issues talk about practical matters—who's going where, what has to be done—rather than explore how they really feel. They wind up relating to each other through their kids, their work or their activities, and they lose the intimacy necessary for a happy marriage. Like Howard, they may wake up one day and suddenly question everything in their lives.

In the course of therapy, Gail, now forty-two, developed enough self-confidence to say no when people asked her to do volunteer work. "It was hard to cut back, because my activities were a source of self-esteem. I had to learn to look inward for that. After counseling, I felt strong enough to say, 'I'd love to do that, but I can't.' And I started prioritizing: Howard and my family come first. Period."

Handling problems with the children proved harder. The older son, Scott, dropped out of college for a semester to live at home, and they discovered they could work as a team to determine appropriate discipline. David, the younger, still wears an earring. "But that's who he is, and he's doing well at Juilliard. I'm happier in general, so I don't mind it as much. He's a good kid, and I can laugh at the outrageous things he comes up with."

Howard also learned to tell his sons what he expects of them, such as giving them deadlines for tasks. "We've also laid down rules and outlined responsibilities, *(continued)*

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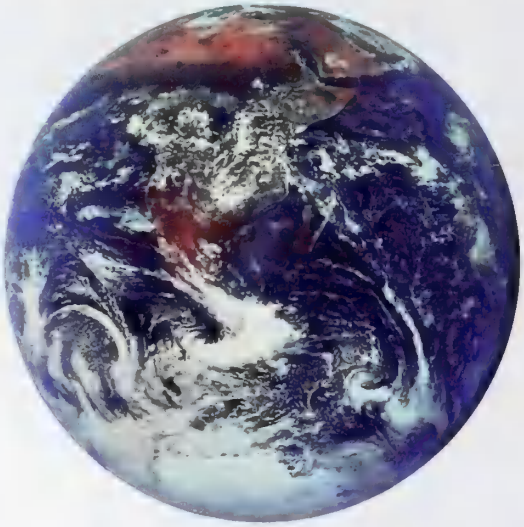
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CAN THIS MARRIAGE

continued

which Howard and I both enforce Gail adds. "They can mess up the own rooms, but the rest of the hou must stay clean."

Howard and Gail admit they dor go out together as often as th should. "But it's okay," Howard say "I don't feel left out anymore. W still don't have a perfect marriage who does?—but at least we're able figure out what needs fixing."

CONSIDERING COUNSELING? Six ways to make sure it wo

In some states, anyone can hang up a shi and call himself a marriage counselor. Quali therapists, however, have a master's or doc degree in marriage and family therapy, s work, psychology or psychiatry. Whatever degree, they should have had clinical trair To find a qualified therapist in your area, v to the American Association for Marriage Family Therapy, 1100 17th Street N.W., floor, Washington, DC 20036. Send a addressed, stamped envelope or call 202- 1825 for the names of local counselors. W you go for counseling, keep the followin mind for the best results:

- ***Make a real commitment to work for marriage.*** **Not that other things in your life unimportant. But counseling will be succes only if a couple agree that resolving t differences is their number-one priority.**
- ***Don't expect to change a partner who ha interest in changing.*** **You can only change own part of a bad relationship. For the rest, and your spouse can agree to disagree, res your differences and then seek ways to w toward common goals.**
- ***Don't stop talking to each other just bec you don't happen to be in the therapist's of*** **Communication has to be honest and frequ**
- ***Stop being defensive.*** **It's not easy to loo yourself honestly. But for counseling to w you have to put your ego on a shelf so you really hear what your partner is saying.**
- ***Don't try to be right all the time.*** **People have the most trouble in therapy are those refuse to acknowledge the part they play starting or perpetuating problems. Pointing finger and placing sole responsibility for cha on your partner gets everyone nowhere fas**
- ***Use the counseling process constructively.*** **many couples use therapy as a weapon: "S she thinks you're the crazy one." Don't exp the therapist to take sides; use her as impartial party, a sounding board for proble**

JIMMY

BY ELKE HUTCHENS

Playing with his brand new toy train, he's as happy as a little boy can be!

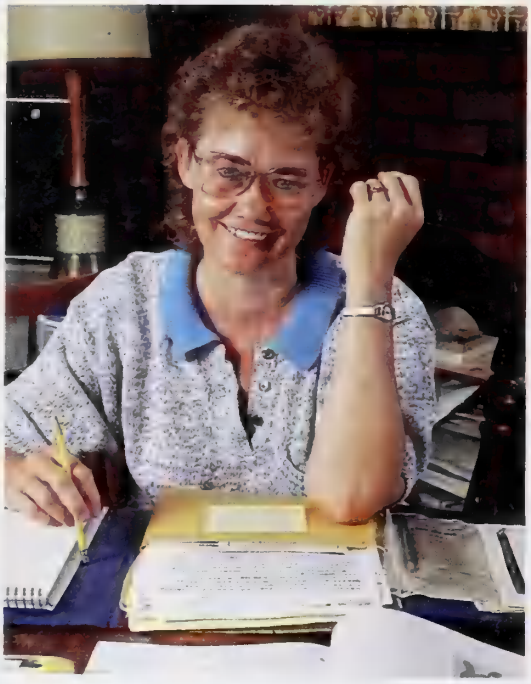


Doll shown smaller than actual seated height of approximately 10", including the engineer's hat.

THE COURAGE TO LEARN

My eighth-grade teacher told me I'd never amount to anything. My husband threatened to leave me after I began taking reading lessons. But I was determined not to let anything stop me from escaping the trap of illiteracy.

By Rose Marie Semple



Once unable to read a children's book, Semple now comprehends at an eleventh-grade level. "For the first time," she says, "I have dignity."

When I was a young girl, other kids thought I was stuck up. I had no friends because I wouldn't allow anyone to get that close to me. I talked to no one. I'd even avoid parties. It wasn't that I didn't want to be popular or loved—I did! What terrified me was the fear that my peers would find out that I couldn't read or write.

Only now am I beginning to understand why I've always had so much trouble learning. I have a difficulty in comprehending spoken words; I hear the beginnings of words, but I don't always hear the last syllables. I have some problems processing written words, as well. But in the late fifties, when I was in school, not much was understood about learning disabilities like the one I have.

My illiteracy problem actually goes back three generations: I recently learned that my mother and grandmother were illiterate. They each compensated by developing an excellent memory; my grandmother taught my mother memorization skills, which she in turn passed along to me. When my mother wanted to teach me a recipe, for instance, she would demonstrate it step by step. Although my three older siblings could read, they were already living away from home by the time I was in school, and my four other siblings were too young to be of much help.

When I was about nine and in the third grade, we moved from Carlisle, Pennsylvania, to New Jersey. After testing me, the teachers in my new school told me that I wasn't capable of learning as much as other children, and I was put into a special class with forty other students. We didn't have homework, tests or written reports. Students just did whatever work they were capable of doing, muddled through as best they could until they were nineteen, and were then given a graduation certificate rather than a diploma.

My memory helped get me through school, although it was still a struggle. I read at a second-grade level; I could write my name and distinguish the ABC's and some words I had memorized, but if those words were taken out of context, I was lost. I developed a system in which I'd read every other word on a page—sometimes jumping five or six words to find one I knew—then deduce the book's plot from there. If I had to give an oral report, one of my sisters would read the book to me, and I'd remember most of the details. My memorization skills became very strong, in much the same way a blind person's remaining senses strengthen.

I'll never forget one particular incident *(continued on page 42)*

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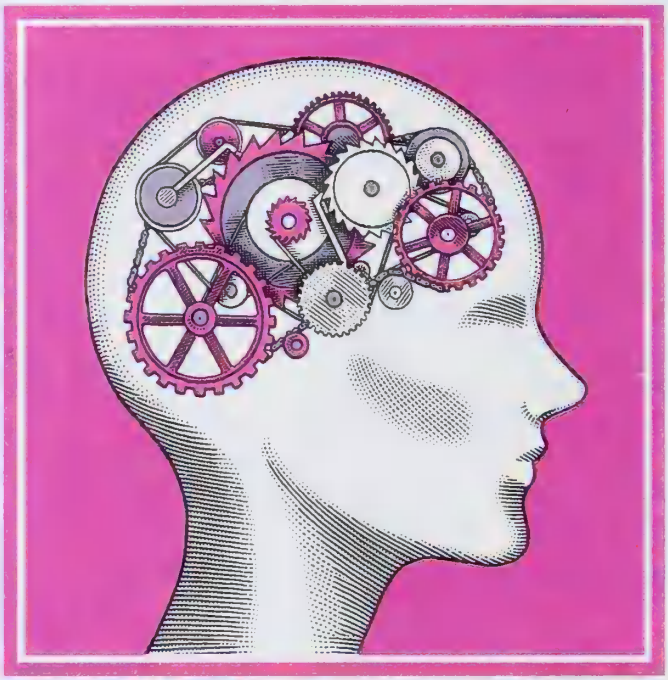
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A WOMAN TODAY

continued from page 38

from eighth grade: My teacher told me that I would never be able to read or write and that I'd never amount to anything. But, she said, because I was entitled to an education, she would do the best she could, and eventually, I'd get married and be a good mother.

It was easy for me to believe the worst of what she said; she was an intelligent, strong woman, and I thought she was just being realistic about my abilities. I was convinced that I wasn't as good as everyone else.

At fifteen, before I was to begin ninth grade, my mother's chronic asthma grew worse and I had to drop out of school to take care of her and my younger siblings. I wasn't terribly disappointed, though; I had such a low opinion of myself that I figured I might as well quit school.

I lived up to my teacher's prediction and married at seventeen, but I was divorced nine years later, in 1970. My four children and I moved back home with my mother and stepfather, and I supported us by tending bar. I didn't need to read to mix drinks; I memorized the recipes and learned to distinguish the labels on the liquor bottles.

I met my second husband at work. He was well educated and successful, and I was flattered by his attention and his generosity toward my children. We married in 1972, and had a daughter ten years later.

I was perfectly content to live a quiet life as a wife and mother. My husband never made me feel ashamed that I couldn't read—in fact, he was quite protective of me—and I never really felt the need to learn. If my children suggested that I try to go back to school, I'd just tell them that I couldn't. Then, in 1985, I was forced to face my illiteracy head-on.

One of my sons developed a drug and alcohol problem. He started going to Alcoholics Anonymous, and my husband and I began attending Al-Anon meetings—a support group—to try to deal with the situation. During these meetings, a little blue book was passed around, and members sometimes read passages from it. Whenever it was handed to me, I'd just silently pass it along. One day, one of the members noticed this and told me, "You really have to read this book."

"I can't," I admitted. She laughed.

"I can't!" I said again. Suddenly, the woman stopped laughing.

"But you're so smart!" she told me. "You have great ideas."

"That may be true," I said, "but I still can't read." She gave me phone number of the local affilia the Literacy Volunteers of Am (LVA) and encouraged me to call.

I put the number away for months, afraid to call. I knew th LVA couldn't teach me to read, my eighth-grade teacher woul proven right, and I would neve anything special with my life. As as I didn't know for sure, I was ol

But I couldn't let it go. I kept th ing about my youngest daughter becca. I'd never been able to rea ries to my children—I'd always excuses until my husband finally to them—and three-year-old Rel was the last chance I'd ever ha wanted to read to her so badly!

That desire gave me the coura call LVA. The representative on phone told me to go to the library my home, where a tutor would me. I promptly went there, but it me several minutes to force mys get out of the car. When I finally inside and saw all the books the couldn't breathe—it was as if a were squeezing my heart.

I turned to race from the room a woman suddenly called out, " Marie!" The woman introduced he as Betty Husarik and told me, "I know how well you can read or w but I'm here to help you as best can." She has been my tutor an friend to this day.

Betty and I met twice a week a library, where we would go fourth-grade-level books. I would down what I had read, then I would discuss it with me and poin my errors. It was difficult, but I determined to learn. Betty was impressed with my memory and prehension level; she told me she'd never seen anything like it.

My husband was very supporti me during the first year of my tut and helped with the chores when out. We had two foster children by time, and they helped, too. But that period, things began to char had always focused solely on my ily; I had no friends of my own spent most of my time at home husband would go camping or fis on the weekends with his friends I'd stay home with the kids. Beca also had a habit of giving up eas I'd join social groups or start goi bingo games and then quit—my band expected me to give up on lessons and come back home.

When it became clear to him t wasn't about to quit my tutorin began to argue. He told me he tired of my being out two nigh week, that I knew enough and c need to learn *(continued on pag*

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SHARING *Confidences*

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I guess. Laughing together.
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My Ultress blonde does make
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Look, the gel makes
it neat. Getting a
second helping of
conditioner's
nice. But it's
the color that
makes Ultress®
special. I know.
You can take
it as a shared
confidence.







ter. It was more—it was my life. I thank God to this day that I was asked to make those brownies.

But my husband still didn't understand how important this was to me, and kept insisting that I had to choose between him and my lessons. Six months after I realized I could read, he left me.

It was very hard for me, especially the first year, but now that I knew I could read, I was more confident I could survive on my own. I got a part-time job at a regional day-care center and supplemented my income by renting spare rooms in my house.

In 1988, I decided that I wanted to work with handicapped children, so I applied to a vocational school where I'd get the proper training to help the children in emergencies. I took a course in cardiopulmonary resuscitation, and one of my sons and Betty helped me with the coursework; still, my eighth-grade teacher's dire prediction stuck in my mind, and I was sure I'd never make it. I needed to answer 85 percent of the final-exam questions correctly in order to get my certification.

When I took the fourteen-hour exam, I answered forty-seven of fifty questions correctly. I was CPR certified! When the teacher called my name to give me the certificate, I couldn't move. The nurses in my class encouraged me, "Get up, get up!" Finally, I did—and I lived one of the proudest moments of my life. I went on from there to get my C license, which enables me to rescue heart-attack and drowning victims.

Another highlight came in the summer of 1989, when I was asked to speak at a meeting of literacy volunteers in Atlantic City. I was seated next to a man wearing a jogging suit and a baseball cap. We were deep in conversation when I suddenly realized who he was: Wally "Famous" Amos, the cookie millionaire.

■ A WOMAN TODAY

continued from page 42

anything else. He said he'd let me get a part-time job when the kids were older.

But I stood up for myself—which surprised me as much as it did him. "I want to learn to read," I said, "and I'm doing something about it."

I continued my tutoring, and I joined a women's support group. The members were wonderful; they taught me that I had rights, including the right to keep learning to read. They even volunteered to watch Rebecca when I was out, and I thought that might help matters at home.

Instead, things got worse. My husband accused me of being brainwashed by the group and said that I wasn't the same girl he had married. When he told me I'd have to choose between him and LVA, I told Betty I had to give up the tutoring. I was heartbroken, but what else could I do? I couldn't support my family on my own. Betty understood and invited me to call if I just wanted to talk.

A week after I'd made the decision, though, a woman in my group asked me to bake some brownies for a party. I'd never made brownies before and I had no cookbooks, so I bought a box of brownie mix at the supermarket and made a batch. My husband and stepfather tried them and said they were delicious, the best they'd ever eaten.

"How come you never made these before, Rose Marie?" my stepfather asked.

"I didn't know how," I said.

"Then how did you make them this time?"

Suddenly, it came to me. I had *read* the instructions! I immediately called Betty and cried, "I can read!" In that moment, I knew I could not quit after all. No longer was it a matter of reading *The Three Little Pigs* to my daugh-





school about Literacy Volunteers of America. When I arrived, I realized that it was the same school in which I had been told that I'd never make anything of myself. As I stood before the students to tell them how much I had accomplished since that day, I felt so proud. Finally, after years of struggle, I believe in me. ■

Rose Marie Semple's story has been adapted from Walter Anderson's "Read With Me," a book about the challenges and rewards of learning to read. Anderson, editor-in-chief of "Parade," is the host of PBS's "Readtogether" series and a member of the National Advisory Board of Literacy Volunteers of America.

According to Literacy Volunteers of America, twenty-seven million American adults are functionally illiterate—that is, unable to carry out tasks necessary to survive in today's society (such as reading street signs or filling out job applications). Undiagnosed learning disabilities account for some cases, though the reasons can be as varied as prolonged absences from school or numerous moves and school transfers.

LVA is a national nonprofit organization founded in 1962 to help combat illiteracy through a network of programs in forty-one states. Currently, there are nearly thirty-two thousand volunteer tutors teaching nearly forty thousand students.

Anyone who can read can become an LVA tutor. Tutors undergo a standardized training program before being placed with a student, and they receive support from LVA throughout the tutoring process.

Your White Pages will list the nearest program in your area, or write: Literacy Volunteers of America, Box L, 5795 Widewaters Parkway, Syracuse, NY 13214. Potential tutors and students can also call a toll-free number for literacy programs in their region: 800-228-8813.

I exclaimed, "You're Famous Amos!"

He laughed and said, "And you're Rose Marie Semple, nd I can't wait to hear you speak today!" Later, he gave ıe a copy of his book, *The Power In You*, which became ne first book I ever voluntarily read and finished. Wal-'s wise words inspired me and helped me become more etermined to succeed. In fact, when I first faced a job ıterview, I acted on the advice he had written in a ıapter on selling yourself, and I was hired.

When I first began working with Betty, my reading ɔility was measured at a second-grade level. Now I read t a seventh-grade level, but at an eleventh-grade com-rehension level. I've begun working with a computer rogram to help me overcome my problem in word com-rehension. With Betty's help, I'm studying for my GED, ıe high school equivalency diploma, and I hope to finish ıe program by the end of this year. Then I want to go on college to study physical therapy.

After my CPR certification, I worked for a year at an ssociation for retarded citizens and went on to become ı aide at our local Easter Seals organization. I'm cur-ntly unemployed and on disability because of recent ıee surgery, but I know several physical therapists who ill help me find a job once I'm able to work again.

My husband and I were never able to reconcile—our vorce became final at the beginning of this year—but l of my children are very supportive of me. Rebecca, ow eight, is one of my biggest fans; she goes with me to nferences and helps me with spelling and reading. I'm etermined to make sure she'll be able to read at an adult vel. I don't want her to have to face what I've lived rough. The chain of illiteracy has been in my family for o many generations—it must be broken *now*.

This past May, I was invited to speak at a local high





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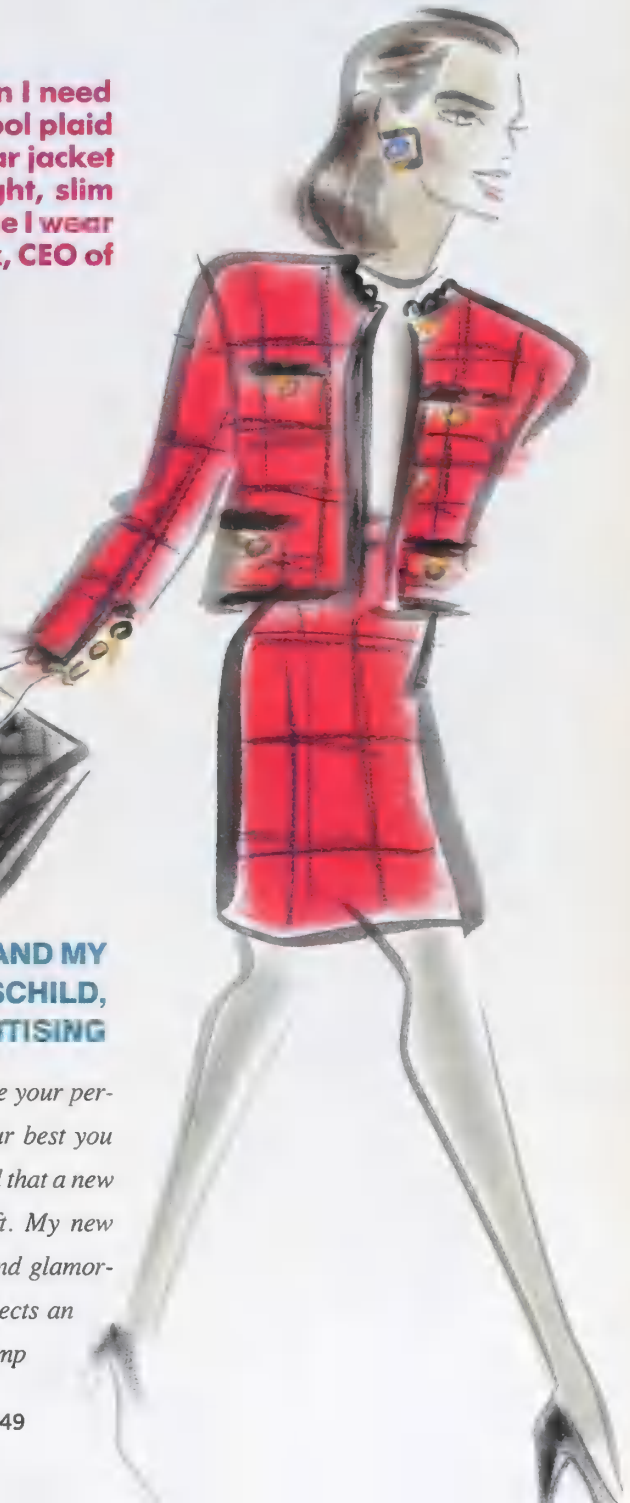
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This month, take charge of your looks. We've got the scoop on how influential women dress for success, and a slew of foolproof energy boosters

BEAUTY & FASHION JOURNAL

WHAT'S YOUR STRONG SUIT?

WHEN YOU FEEL GOOD ABOUT YOURSELF, YOU CAN ACCOMPLISH *ANYTHING*. CHECK OUT HOW THESE HIGH-POWERED WOMEN PUT THEIR BEST FOOT FORWARD



■ **"I have a lucky suit I always wear when I need an extra boost of confidence. It's a red wool plaid Chanel-style suit—a short, scalloped-collar jacket with gold buttons and a flattering straight, slim skirt. Why is it so lucky? Because every time I wear it I get rave reviews!"—Alice Kasman Fixx, CEO of Alice Kasman Fixx Public Relations**

■ "Before I started my own lingerie business I was an investment banker on Wall Street. Even then my passion was fashion, and I wanted to wear clothing that *I* liked—which happened to be shorter skirts and higher heels than everyone else wore. My outfits were always in perfect taste, but because I looked different, I was the center of attention (and felt like I was on top of the world!) in a sea of ultraconservative suits."—Josie Natori, president of the Natori Company

■ **"MY FIRST JOB IN ADVERTISING WAS IN 1969—I LOOKED YOUNG, I SOUNDED YOUNG, I *WAS* YOUNG! ALTHOUGH THE PEOPLE I WORKED WITH WORE JEANS, I DRESSED UP EVERY DAY SO THAT MY CLIENTS WOULD TAKE ME MORE SERIOUSLY. I PRESENTED A SERIOUS IMAGE, AND MY AGE WAS NEVER AN ISSUE." —DIANE ROTHSCHILD, PRESIDENT OF GRACE & ROTHSCHILD ADVERTISING**



■ *"How you look doesn't define your personality, but when you look your best you definitely feel better. I discovered that a new hairdo can be a tremendous lift. My new upswept style is very feminine and glamorous, but I think that it also projects an image of strength."—Ivana Trump*



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THE ENLIGHTENED APPROACH TO MENOPAUSE.

opause remains a subject often clouded by myth, information, and fear. But its symptoms are very . They may be mild, or quite severe, and they're dif- nt for every woman. But the hot flashes, vaginal dry- , and night sweats that can cause insomnia are not in your head." They are the result of your body's loss strogen. Estraderm® "puts back" some of this ogen in a very unique way.

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Q: How can I tell if The Estraderm Patch is right for me?

Q: Can Estraderm help relieve vaginal dryness?

Q: How long will I need to wear The Estraderm Patch?

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FOR BRIEF SUMMARY OF PRESCRIBING INFORMATION, SEE NEXT PAGE.

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BRIEF SUMMARY OF PRESCRIBING INFORMATION.
PLEASE SEE FULL PRESCRIBING INFORMATION.

ESTROGENS HAVE BEEN REPORTED TO INCREASE THE RISK OF ENDOMETRIAL CARCINOMA.

Three independent case control studies have reported an increased risk of endometrial cancer in postmenopausal women exposed to exogenous estrogens for more than 1 year. This risk was independent of the other known risk factors for endometrial cancer. These studies are further supported by the finding that incidence rates of endometrial cancer have increased sharply since 1969 in eight different areas of the United States with population-based cancer-reporting systems, an increase which may be related to the rapidly expanding use of estrogens during the last decade.

The three case control studies reported that the risk of endometrial cancer in estrogen users was about 4.5-13.9 times greater than in nonusers. The risk appears to depend both on duration of treatment and on estrogen dose. In view of these findings, when estrogens are used for the treatment of menopausal symptoms, the lowest dose that will control symptoms should be utilized and medication should be discontinued as soon as possible. When prolonged treatment is medically indicated, the patient should be reassessed on at least a semiannual basis to determine the need for continued therapy. Although the evidence must be considered preliminary, one study suggests that cyclic administration of low doses of estrogen may carry less risk than continuous administration; it therefore appears prudent to utilize such a regimen.

Close clinical surveillance of all women taking estrogens is important. In all cases of undiagnosed persistent or recurring abnormal vaginal bleeding, adequate diagnostic measures should be undertaken to rule out malignancy.

There is no evidence at present that "natural" estrogens are more or less hazardous than "synthetic" estrogens at equiestrogenic doses.

ESTROGENS SHOULD NOT BE USED DURING PREGNANCY.

The use of female sex hormones, both estrogens and progestogens, during early pregnancy may seriously damage the offspring. It has been shown that women who had been exposed *in utero* to diethylstilbestrol, a nonsteroidal estrogen, have an increased risk of developing in later life a form of vaginal or cervical cancer that is ordinarily extremely rare. This risk has been estimated as not greater than 4 per 1000 exposures. Furthermore, a high percentage of such exposed women (30-90%) have been found to have vaginal adenosis, epithelial changes of the vagina and cervix. Although these changes are histologically benign, it is not known whether they are precursors of malignancy. Although similar data on the use of other estrogens are not available, it cannot be presumed they would not induce similar changes.

Several reports suggest an association between intrauterine exposure to female sex hormones and congenital anomalies, including congenital heart defects and limb-reduction defects. One case control study estimated a 4.7-fold increased risk of limb-reduction defects in infants who had been exposed *in utero* to sex hormones (oral contraceptives, hormone withdrawal tests for pregnancy, or attempted treatment for threatened abortion). Some of these exposures were very short and involved only a few days of treatment. The data suggest that the risk of limb-reduction defects in exposed fetuses is somewhat less than 1 per 1000.

In the past, female sex hormones have been used during pregnancy in an attempt to treat threatened or habitual abortion. There is considerable evidence that estrogens are ineffective for these indications, and there is no evidence from well-controlled studies that progestogens are effective for these uses.

If Estraderm is used during pregnancy, or if the patient becomes pregnant while taking this drug, she should be apprised of the potential risks to the fetus and of the advisability of continuation of the pregnancy.

INDICATIONS AND USAGE

Estraderm is indicated for the treatment of the following: moderate-to-severe vasomotor symptoms associated with menopause; female hypogonadism; female castration; primary ovarian failure; and atrophic conditions caused by deficient endogenous estrogen production, such as atrophic vaginitis and kraurosis vulvae.

CONTRAINDICATIONS

Estrogens should not be used in women or men with any of the following conditions:

1. known or suspected cancer of the breast;
2. known or suspected estrogen-dependent neoplasia;
3. known or suspected pregnancy (see Boxed Warning);
4. undiagnosed abnormal genital bleeding;
5. active thrombophlebitis or thromboembolic disorders;
6. history of thrombophlebitis, thrombosis, or thromboembolic disorders associated with previous estrogen use.

WARNINGS

1. *Induction of Malignant Neoplasms.* Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver. There are now reports that estrogens increase the risk of carcinoma of the endometrium in humans. (See Boxed Warning.)

At the present time, there is no satisfactory evidence that estrogens given to postmenopausal women increase the risk of breast cancer, although a recent long-term follow-up of a single physician's practice has raised this possibility. Because of the animal data, there is a need for caution in prescribing estrogens for women with a strong family history of breast cancer or who have breast nodules, fibrocystic disease, or abnormal mammograms.

threefold increase in the risk of surgically confirmed gallbladder disease in postmenopausal women receiving oral estrogens, similar to the twofold increase previously noted in users of oral contraceptives.

3. *Effects Similar to Those Caused by Estrogen-Progestogen Oral Contraceptives.* There are several serious adverse effects of oral contraceptives and other high-dose oral estrogen treatments, most of which have not, up to now, been documented as consequences of postmenopausal estrogen replacement therapy. This may reflect the comparatively low doses of estrogen used in postmenopausal women.

a. *Thromboembolic Disease.* It is now well established that users of oral contraceptives have an increased risk of various thromboembolic and thrombotic vascular diseases, such as thrombophlebitis, pulmonary embolism, stroke, and myocardial infarction. Cases of retinal thrombosis, mesenteric thrombosis, and optic neuritis have been reported in oral contraceptive users. There is evidence that the risk of several of these adverse reactions is related to the dose of the drug. An increased risk of postsurgery thromboembolic complications has also been reported in users of oral contraceptives. If feasible, estrogen should be discontinued at least 4 weeks before surgery of the type associated with an increased risk of thromboembolism, or during periods of prolonged immobilization.

While an increased rate of thromboembolic and thrombotic disease in postmenopausal users of estrogens has not been found, this does not rule out the possibility that such an increase may be present or that subgroups of women who have underlying risk factors or who are receiving relatively large doses of estrogens may have increased risk. Therefore, estrogens should not be used in persons with active thrombophlebitis or thromboembolic disorders, and they should not be used in persons with a history of such disorders in association with estrogen use. They should be used with caution in patients with cerebral vascular or coronary artery disease and only for those in whom estrogens are clearly needed.

Large doses of estrogen (5 mg conjugated estrogens per day), comparable to those used to treat cancer of the prostate and breast, have been shown in a large prospective clinical trial in men to increase the risk of nonfatal myocardial infarction, pulmonary embolism, and thrombophlebitis. When estrogen doses of this size are used, any of the thromboembolic and thrombotic adverse effects associated with oral contraceptive use should be considered a clear risk.

b. *Hepatic Adenoma.* Benign hepatic adenomas have been associated with the use of oral contraceptives. Although benign and rare, these tumors may rupture and cause death from intra-abdominal hemorrhage. Such lesions have not yet been reported in association with other estrogen or progestogen preparations, but they should be considered if abdominal pain and tenderness, abdominal mass, or hypovolemic shock occurs in patients receiving estrogen. Hepatocellular carcinoma has also been reported in women taking estrogen-containing oral contraceptives. The causal relationship of this malignancy to these drugs is not known.

c. *Elevated Blood Pressure.* Women using oral contraceptives sometimes experience increased blood pressure which, in most cases, returns to normal upon discontinuing the drug. There is now a report that this may occur with use of oral estrogens in the menopause and blood pressure should be monitored with estrogen use, especially if high doses are used. Ethinyl estradiol and conjugated estrogens have been shown to increase renin substrate. In contrast to these oral estrogens, transdermally administered estradiol does not affect renin substrate.

d. *Glucose Tolerance.* A worsening of glucose tolerance has been observed in a significant percentage of patients on estrogen-containing oral contraceptives. For this reason, diabetic patients should be carefully observed while receiving estrogen.

4. *Hypercalcemia.* Administration of high doses of estrogens may lead to severe hypercalcemia in patients with breast cancer and bone metastases. If hypercalcemia occurs, use of the drug should be stopped and appropriate measures should be taken to reduce the serum calcium level.

PRECAUTIONS

General

1. A complete medical and family history should be taken before initiation of any estrogen therapy. The pretreatment and periodic physical examinations should include special reference to blood pressure, breasts, abdomen, and pelvic organs, as well as a cervical Papanicolaou test. As a general rule, estrogen should not be prescribed for longer than 1 year without another physical examination being performed.
2. Because estrogens may cause some degree of fluid retention, careful observation is required when conditions that might be influenced by this factor are present (e.g., asthma, epilepsy, migraine, and cardiac or renal dysfunction).
3. Certain patients may develop undesirable manifestations of excessive estrogenic stimulation, such as uterine bleeding, mastodynia, etc.
4. Prolonged administration of unopposed estrogen therapy has been reported to increase the risk of endometrial hyperplasia in some patients. Estrogens should be used with caution in patients who have or have had endometriosis.
5. Studies of the addition of a progestin for 7 or more days of a cycle of estrogen administration have reported a lowered incidence of endometrial hyperplasia. Morphological and biochemical studies of endometrium suggest that 12 to 13 days of progestin are needed to provide maximal maturation of the endometrium and to eliminate any hyperplastic changes. Whether this will provide protection from endometrial carcinoma has not been clearly established. There are possible additional risks that may be associated with the inclusion of progestin in estrogen replacement regimens. The potential risks include adverse effects on carbohydrate and lipid metabolism. The choice of progestin and dosage may be important in minimizing these adverse effects.
6. Oral contraceptives appear to be associated with an increased incidence of mental depression. Although it is not clear whether this is due to the estrogenic or progestogenic component of the contraceptive, patients with a history of depression should be carefully observed.
7. Preexisting uterine leiomyomata may increase in size during prolonged estrogen use. If this occurs, estrogen therapy should be discontinued while the cause is investigated.
8. In patients with a history of jaundice during pregnancy, there is an increased risk that jaundice will recur with the use of estrogen-containing oral contraceptives. If jaundice develops in

continued while the cause is investigated.

9. Estrogens may be poorly metabolized in patients with impaired liver function and should be administered with caution to such patients.
10. Because the prolonged use of estrogens influences the metabolism of calcium and phosphorus, estrogens should be used with caution in patients with metabolic bone disease associated with hypercalcemia and in patients with renal insufficiency.

Information for Patients

See Patient Package Insert.

Drug/Laboratory Test Interactions

The results of certain endocrine and liver function tests may be affected by estrogen-containing oral contraceptives. The following changes have been observed with large doses of estrogen:

1. increased sulfobromophthalein retention;
2. increased prothrombin time; increased factors VII, VIII, IX and X; decreased antithrombin 3; increased norepinephrine-induced platelet aggregability;
3. increased thyroxine-binding globulin (TBG), leading to increased circulating total thyroid hormone (T_4) as measured by column or radioimmunoassay; free T_3 resin uptake decreased, reflecting the elevated TBG; free T_4 concentration is unaltered; TBG was not affected in clinical trials with Estraderm;
4. reduced response to the metyrapone test;
5. reduced serum folate concentration;
6. increased serum triglyceride and phospholipid concentration, and decreased pregnanediol excretion.

The pathologist should be informed that the patient is receiving estrogen therapy when relevant specimens are submitted.

Carcinogenesis, Mutagenesis, Impairment of Fertility

See WARNINGS and Boxed Warning.

Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver.

Pregnancy Category X

See CONTRAINDICATIONS and Boxed Warning.

Estrogens should not be used during pregnancy.

Nursing Mothers

As a general principle, the administration of any drug to nursing mothers should be done only when clearly necessary because many drugs are excreted in human milk.

ADVERSE REACTIONS

See WARNINGS and Boxed Warning regarding potential adverse effects on the fetus, induction of malignant neoplasms, increased incidence of gallbladder disease, and adverse effects similar to those of oral contraceptives, including thromboembolism.

The most commonly reported adverse reaction to Estraderm in clinical trials was redness and irritation at the application site. This occurred in about 17% of the women treated and in approximately 2% to discontinue therapy. Reports of rash have been rare.

The following additional adverse reactions have been reported with estrogenic therapy, including oral contraceptives:

Genitourinary System: Breakthrough bleeding, spotting; change in menstrual flow; increase in size of uterine fibromata; change in cervical erosion and amount of cervical secretion.

Endocrine: Breast tenderness, breast enlargement.

Gastrointestinal: Nausea, vomiting; abdominal cramps, bloating; cholestatic jaundice have been observed with estrogen therapy.

Eyes: Steepening of corneal curvature; intolerance to contact lenses.

Central Nervous System: Headache, migraine, dizziness.

Miscellaneous: Change in weight, edema, change in libido.

HOW SUPPLIED

Estraderm 0.05 (estradiol transdermal system)—each system contains 4 mg of estradiol USP for nominal delivery of 0.05 mg of estradiol per day

Patient Calendar Pack of 8 Systems .....NDC 0083-
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Patient Calendar Pack of 8 Systems .....NDC 0083-
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*See DESCRIPTION.

Do not store above 86°F (30°C).

Do not store unpouched. Apply immediately upon removal from the protective pouch.

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He'll scamper right out of his hat—

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e ring of the firehouse bell he's off, scampering out of hat at full speed. He's a dle of love with a special prise for you.

'ick him up and see for your- He's actually *two* works of in one! A spotted dalmatian —bright eyed with floppy and a friendly wagging tail. s a fireman's hat he has made very own.

lold him, play with him, or id him up. Then put him k in his hat. (You'll see, he's rfect fit!)

Porcelain sculpture was never so much fun! That's the joy of Taylor Oughton's award-winning artistry. And that's the joy of "Where's the Fire?" An endearing sculpture that is full of fun. Entirely crafted and painted by hand. Yet just $19.50 for the pup *and* his hat.

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There's something else very special about this new work of art. It's the *first* in an exciting new collection of "Playful Pups" two-piece porcelain sculptures.

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BEAUTY & FASHION JOURNAL

■ **"I think that it's very important to stand out at the office, to exert a bit of individuality. At work I'm known for wearing great earrings—and earrings are the *only* jewelry I wear."—Nancy Lueck, director of advertising and public relations for Anne Klein II**



■ "My hair started turning gray when I was nineteen, and by the time I was thirty it was completely white. I guess I was a real sixties child, because it never occurred to me to color it. I thought my young face and white hair was a unique, personal look that people remembered. Then, about two years ago, while on vacation at a spa, I met a woman who told me frankly that when she saw me from behind, she thought I was an old woman! She convinced me to go blond, and I'm so glad I did. I feel great about the first impression I make!" —Valerie Salembier, former president of the *New York Post*

■ "I'll never forget the time I had to make a speech at the Plaza Hotel in New York. I was the only woman speaking, and I wanted to wear something that would reflect my personality. I chose a simple but very classic white coatdress with gold buttons, and it was perfect. I discovered there's no need to dress outrageously to prove you're creative. My outfit showed that I was believable and uncontrived—just pure talent."—Cheryl Berman, executive vice-president of Leo Burnett Advertising Agency

■ **"When I was in my twenties I used to change my hairstyle every season according to what was in. One day I remember walking around a New York department store with my new shag cut, and I realized for the first time that I looked exactly like everyone else! That's when I adopted my signature look: very white makeup, kohl-rimmed eyes with lots of mascara and a Cleopatra-like haircut. I finally understood the creativity of beauty—people began to notice me! The success of my own cosmetics business is based on my experience: I could take an average-looking woman and make her glamorous." —Adrien Arpel, CEO of Adrien Arpel**





TABU

The Forbidden Fragrance by Dana



© Dana Perfumes Corp

STEP UP YOUR STAMINA

ONE OF THE BIGGEST OBSTACLES FOR ON-THE-MOVE WOMEN IS A LACK OF ENERGY. NATURALLY, IF YOU TRY TO DO MORE THAN YOUR BODY CAN HANDLE YOU *WILL* GET TIRED. HOW TO KEEP THE FIRE BURNING? WE ASKED LEADING FITNESS EXPERTS AND NUTRITIONISTS FOR NO-FAIL TIPS



A.M. GET-UP-AND-GO

Need a jump start in the morning? These quick rev-ups will gently increase your heart rate and bring extra oxygen to your muscles so you can rise and shine. **Intervals** Give your circulation a jolt by walking, jogging or marching in place for one minute. Rest one minute. Repeat the sequence five times. **Isometrics** Stand with feet apart and, in this order, tighten each muscle group for ten seconds and release: buttocks, abdominals, legs (one at a time), shoulders, chest (push palms of hands together; flex chest), neck. **Hot-and-cold shower** Start with a warm shower, gradually make the water cooler and end with an eye-opening cold rinse. Then spritz on a green, citrus or spicy **fragrance**. According to Annette Green, executive director of the Fragrance Foundation, scents that contain one of these three essences are scientifically proven to be energizing. Here are some of the best. Green: Guess Parfum, Safari by Ralph Lauren, Ull's Sheer Scent, Tribute by Mary Kay. Citrus: Scaasi by Arnold Scaasi, Calyx by Prescriptives. Spicy: Amalitsa by Coty, Hot by Bill Blass. For an extra tingly boost, suds up with an invigorating **foamy body cleanser** like Princess Marcella Borghese's Revitalizing Body Cleanser.

FOOD FOR THOUGHT

Food is, of course, a great source of energy—as long as you carefully choose the **right bites**. For example, the sugar in candy and soda pop may give you an instant lift, but you'll feel tired again soon after. Why? These items contain highly refined sugar, which gives the body a blood-sugar spike, a burst of energy that is rapidly diminished. Foods that have **natural sugar**, like fruits, nuts and popcorn, are

(continued)

Our panel: Dan Isaacson, a leader in the personal-training industry and fitness editor for *Good Morning America* (Dan's client list includes celebrities like Linda Evans and Olivia Newton-John); Karen Voight, co-owner of the Voight Fitness and Dance Center, in Los Angeles; Maria Simonson, M.D., director of the health, weight and stress clinic at Johns Hopkins Medical Institution; Kathy Smith, leading fitness expert and pioneer in the fitness home-video market; Laraine C. Abbey, R.N., M.S., nurse nutritionist, director of the Laraine Abbey Center for Health and Weight Control, in East Windsor, New Jersey.



To most pantyhose, everyday life becomes an obstacle course to survive. It



seems that around every corner is



another potential snag. And the most ordinary objects pose a threat.

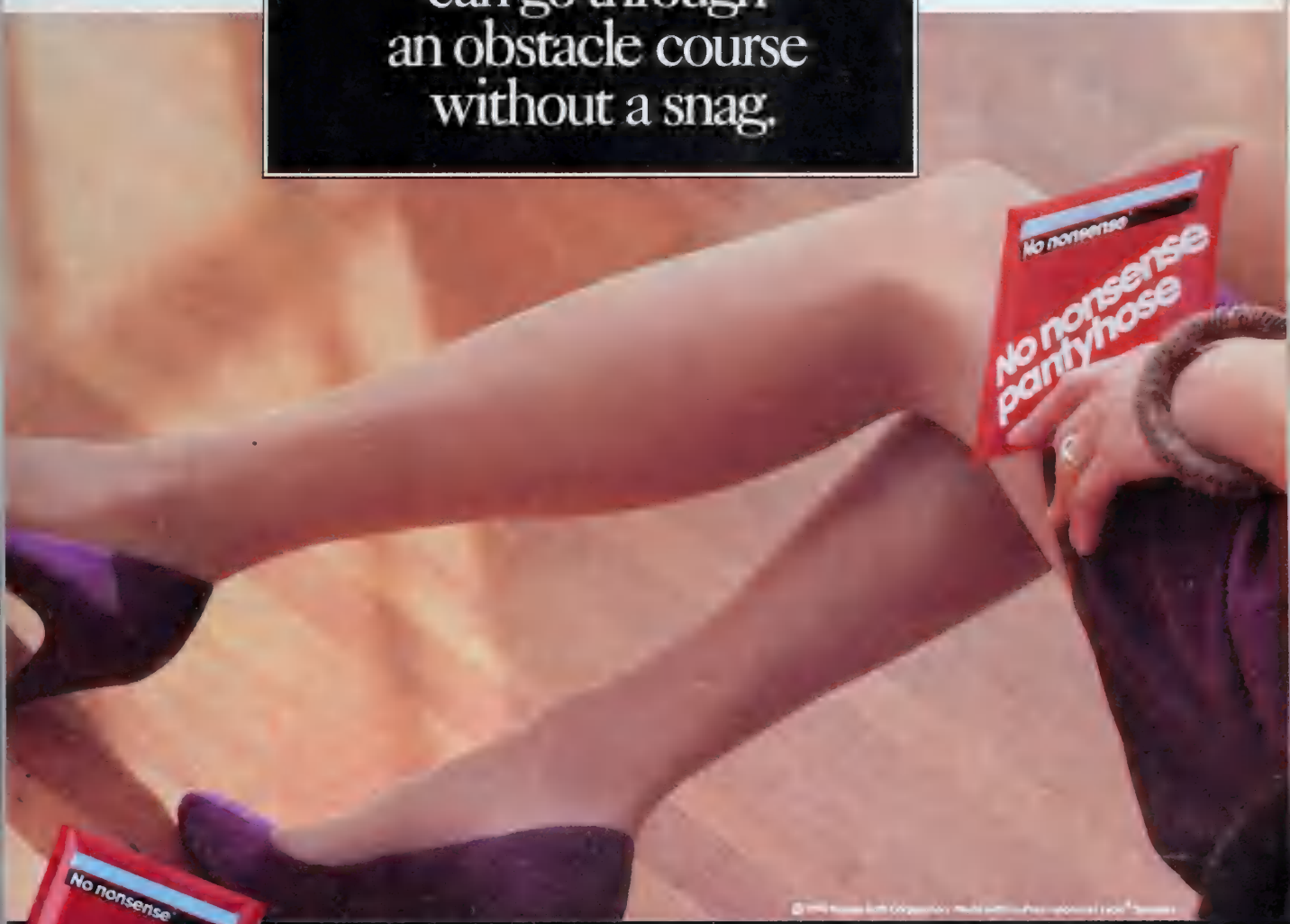




Even the most innocent ones can create little disasters. Causing most pantyhose to end up in here.



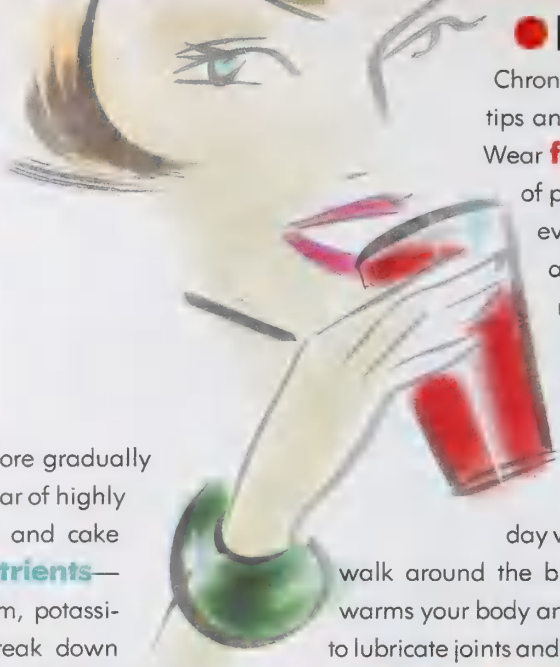
No nonsense® pantyhose can go through an obstacle course without a snag.



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Come to think of it, that is unfair.
ONE STEP TO GREAT HAIR.
ailable in four formulas.



ENERGY MAINTAINERS

Chronically sluggish? Incorporate these tips and activities into your daily routine. Wear **flat shoes** to put the least amount of pressure on your leg muscles. Heels, even low pumps, keep your calves in a constant contraction, causing stiffness and achiness. Flat shoes give your calves a stretch as you walk. **Keep moving after meals** to boost your energy level and aid digestion. Get plenty of **fresh air**. Being cooped up all day will surely sap your strength. A quick walk around the block will up your circulation—this warms your body and stimulates the flow of body fluids to lubricate joints and muscles and relieve stiffness. Count on **regular exercise**. Staying fit not only helps you look better, it helps you *feel* better. Even a thirty-minute brisk walk, three times a week, will buoy your stamina and your spirit.

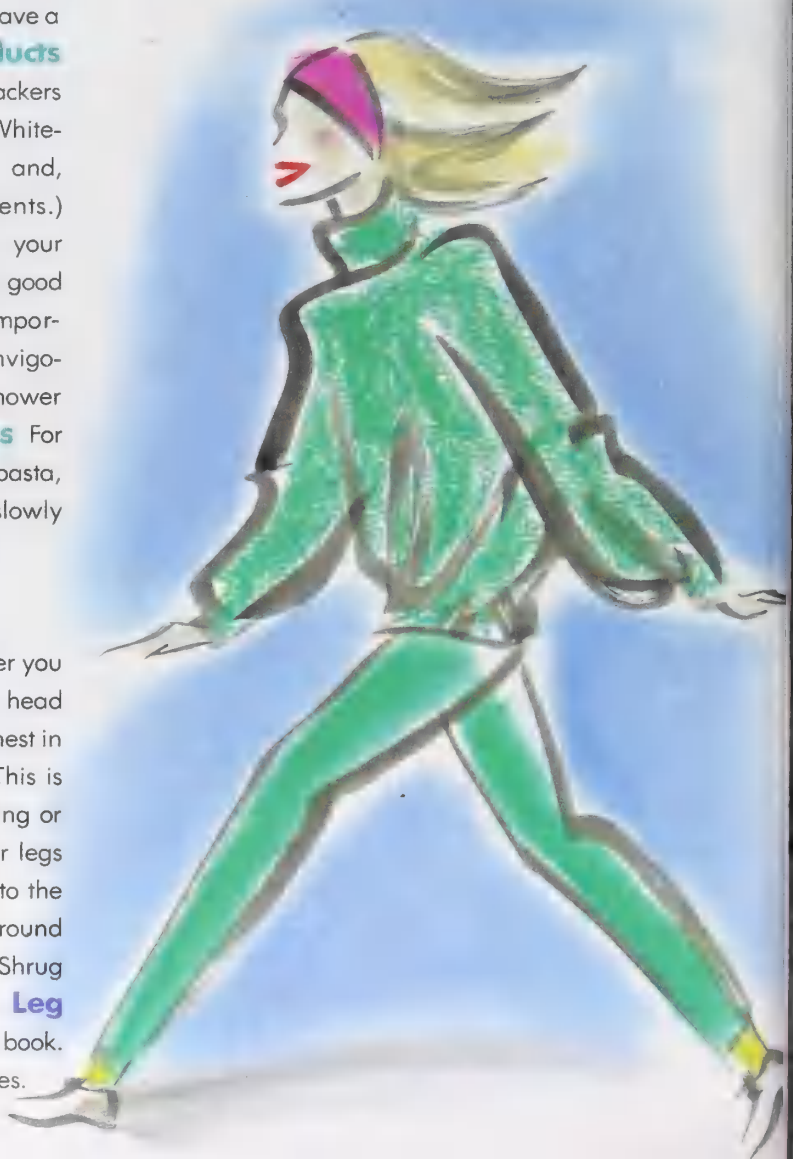
(continued) digested much more gradually for a better, longer lift. Steer clear of highly processed snacks like cookies and cake that don't contain **micronutrients**—trace elements like magnesium, potassium and zinc that work to break down macronutrients (proteins, carbs and fats) to produce energy. Best bets for quick pick-me-ups? **Vegetable juice** A low-cal energizer that replenishes lost potassium and sodium to strengthen muscles. **Bananas** Though all fruits are good sources of natural sugar, bananas have a bonus: plenty of potassium. **Whole grain products**



Whole wheat bread and crackers and bran muffins are ideal. (White-flour products are processed and, therefore, lack micronutrients.) **Chilled water** Replenish your body's fluids all day long with good ol' H_2O—the second most important source of energy (the first is oxygen). Water invigorates your inner body the same way a cold shower invigorates your outer body. **Carbohydrates** For long-term reserves, count on high-carb foods like pasta, potatoes, beans and brown rice; they're processed slowly and absorbed gradually.

REVITALIZING STRETCHES

Try these moves in the office or at home—whenever you need a speedy lift. **Neck releases** Roll your head slowly from left to right, resting your chin on your chest in between, then right to left. Repeat fifteen times. This is especially effective if you do a lot of sitting, writing or typing. **Shoulder rolls** Sit in a chair with your legs apart. Slowly lower upper body, reaching hands to the floor. Relax your neck and shoulders. Then slowly round up, one vertebra at a time, to a sitting position. Shrug shoulders five times; repeat sequence ten times. **Leg extensions** Stand with balls of feet on a thick book. Lower heels to floor and rise up. Repeat fifteen times.



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STYLE

THE POWER OF COLOR

Most women know what colors look good on them, but the right hue can do more for you than just flatter your skin tone. Color can convey confidence, authority and style; it can make you look thinner, sexier or more poised than you feel. We've selected eight powerful colors to help you create an unmistakable statement

black



Black magic, near right: suit, Nicole Farhi; blouse, H.W. Moss; hosiery, Calvin Klein; shoes, Adrienne Vittadini; handbag, De Vecchi; gloves, Hermès; glasses, Ray Ban; pearls, Les Bernard. Model, Pam Cook of Click. Heat up in red, far right: suit, Benetton; hat, Kokin; hose, DKNY; shoes, Robert Clergerie; jewelry, Agatha. Model, Caroline Ellen of Click; chair, Modern Age

CHIC, SOPHISTICATED AND ELEGANT, BOLD BLACK PACKS A PUNCH. It's very versatile as well as a super slimmer. If black best suits your style, have these **no-fail basics** in your wardrobe: a shapely black suit; a slim, tailored black skirt; a little black chemise or slip-dress; classic black pleated trousers; a soft black cashmere sweater; black sunglasses for instant glamour; and black cotton/Lycra leggings to wear with oversize tees and sweaters. While black can be **classy**, it can be sexy, too. For **seductive** style, try: a short, slim leather skirt, a body-hugging ribbed pullover or bodysuit; a wide suede belt; a pair of sleek pumps (sample the new three-inch heels!) and black hose; a short, swingy pleated skirt; and, of course, lacy lingerie. Black **looks good on everyone**, but it can be a drain on your complexion, so don't skip makeup—but don't overdo it either. Natural makeup colors are flattering as long as you add bronzing powder for a glow. Prefer to keep it pale? Then depend on lined eyes or a matte mouth in a deep shade of red.

HOT, AGGRESSIVE AND PASSIONATE, RED SAYS YOU'RE IN THE LEAD and no less than the center of attention. The red investments that could change your life? A tailored suit or jacket, a shawl to power-drape over a suit, a silk scarf with plenty of red in the pattern. Try wearing red with black to increase its **intensity**, or mix red with another bright like orange or fuchsia to give it a trendy look (for example, a red tunic sweater with a hot pink skirt, if you dare!). Most women can wear red with ease when they choose a shade that complements their skin tone, but brunets really get a boost from this **high-energy** hue. Another beauty secret about red: It enhances *blue eyes*! If you want to soften red's impact, add a shot of white: for instance, slip a white bodysuit under a red blazer. Any way you wear it, red's most effective in **soft, matte fabrics**, such as wool gabardine and jersey, instead of tough, shiny fabrics like leather and satin. The makeup for wearing red: subtly defined eyes, no blush and red lips.

COOL, CONFIDENT AND CLASSIC, NAVY BLUE SIGNALS RELIABILITY and traditional values. Navy can be smoky *(continued)*



INTRODUCING A BRAND NEW COFFEE MADE WITH STUBBORN OLD-FASHIONED PRIDE

¶ Introducing Maxwell House® 1892™ Slow Roasted Coffee—inspired by the good old days and made that way, too. To coffee lovers everywhere it promises the unique taste experience of the lusty flavor and aroma of plain, old-fashioned coffee—the kind that doesn't just happen overnight.

¶ Thankfully Maxwell House has both the patience and experience to produce coffee the old-fashioned way. And if all that experience has taught us anything, it is that slow roasting is the traditional way to extract the full flavor and aroma of high grade beans. Slow roasting is a labor of love that can take anywhere up to six times longer than is common practice these days.

SLOW ROASTED

¶ The result, however, is an uncommonly good cup of coffee—one that is both lusty and satisfying without being bitter. So even though it takes a little longer, and costs a little more to make an old style coffee as good as Maxwell House® 1892,™ it's time and trouble well spent, as a trip to your market will confirm.



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gray



Dress grays: trousers, Aquascutum; sweater, shawl, N. Peal; loafers, Perry Ellis; earrings, Fragments. Model, Melanie Kremser of Click

gray matters to you, be sure you own a classically cut pair of **flannel pants**. Pair with a crisp white shirt or soft sweater in a grayed shade like beige gray, mauve or celadon, a blazer and important jewelry. To wear gray successfully, keep it away from your face—it will drain your complexion. As for makeup, your face should be matte, eyes cleanly lined and lips boosted with a sweep of coral or deep pink. A pink face powder can be your blusher—dust it all over for a warm radiance.

CALM, COZY AND PRISTINE, WHITE TENDS TO MAKE PURE SENSE when you want to come on soft. Think about what makes white so right, the white stuff no one wants to be without: a big ribbed sweater, cotton shirts, a stack of white cotton tees, a generously cut silk notch-collared blouse, **spotless** white sneaks, piles of creamy pearls, a silky white camisole and tap pants. The most stylish women we know count on **winter white** to stand out in a crowd. If you wear all white, be sure to vary the textures and accessorize with natural-toned leather or suede, gold or tortoiseshell. White worn with black is a **foolproof** combo—the sophisticated choice of big-city women everywhere. But if you opt for black with white, keep the white near your face—it **reflects light** and makes your skin glow. White's great for everyone, but white on white is best for blonds. The *(continued)*

(continued) and nearly black (called British navy or midnight navy) or a lighter, bluer hue (known as French navy). It's **most potent** when worn as a base for white, with touches of gold (buttons, braiding, jewelry). Your **best navy buy**? A classic blazer or a clean-lined suit. Of course, navy's nautical association is legendary—as weekend wear, navy's clout is upper crust. (That's why blue jeans, navy boatneck sweaters and navy-and-white striped tees are top catalog sellers.) Navy also looks great with other neutrals besides white—like gray, beige and khaki. If you want to pair navy with another **strong** color, go for fuchsia or chrome yellow instead of red (it's too outdated). Makeup dos for navy: a tawny-golden palette with a pop of color on lips. Again, forgo red for a red-brown, tawny pink or apricot lipstick.

navy

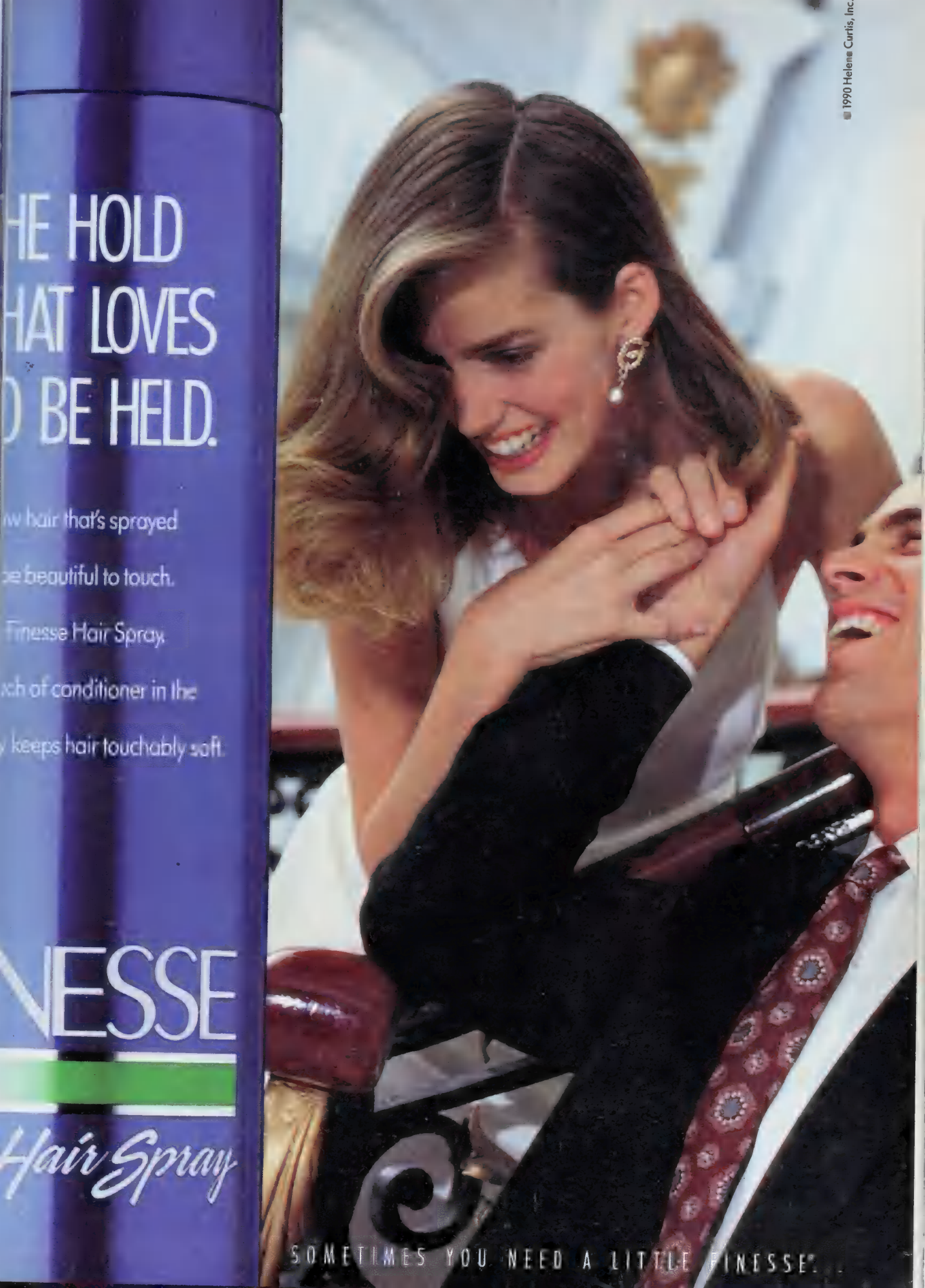


In the navy, near right: blazer, Aquascutum; skirt, Philippe Adec; shirt, J. Crew; jewelry, Agatha; hosiery, Christian Dior; shoes, Robert Clergerie; belt, Hermès. Pure style is just white, far right: cotton turtleneck and corduroys, J. Crew; pullover, N. Peal; sneakers, Keds; belt, Hermès; watch, Time Will Tell; sunglasses, Alain Mikli; gloves, Naomi Misle; chair, Modern Age

SERIOUS, EFFICIENT AND TIMELESS, GRAY ALWAYS MEANS BUSINESS (as usual). When you want to look corporate, you can't go wrong with a gray suit or man-tailored flannel trousers. But the key to wearing this borrowed-from-the-boys color is choosing a style that's feminine: A **gray suit** should be gently shaped with a low V-neck jacket and a short, slim skirt. An ivory silk blouse and lots of pearls soften the look. If

white




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pink



Strike a pose that's in the pink: suit, Tehen; shirt, Equipment; glasses, Alain Mikli; hosiery, Christian Dior; shoes, Robert Clergerie

or downright demure, depending on the intensity you choose. But any way you wear it, pink has potential for getting you noticed. Wear **nude pink** as a suit or jacket (the color looks particularly good on brunets); the brighter shades look best with black or navy. If you haven't worn pink in a while, the new **dusty roses** and tawny pinks are must-trys. Pinks to pass up: neon or day-glo, bubble-gum shades and old-fashioned white-infused pastel pink. If a big dose doesn't suit your personality, try just a shot—shocking-pink suede gloves or a rosy chiffon scarf tucked into the V-neck of a black jacket. Keep makeup in the same family as the pink you're wearing, but not an exact match—in other words, don't wear fuchsia lipstick with a **fuchsia** jacket, but go for a shade in the plum-pink range.

TRENDY AND HIP IS WHAT ACID GREEN WILL SAY ABOUT YOU. If you want people to know you're right in step with everything that's **current**, this is your color. It's everywhere these days—from suits to T-shirts to gloves. The best way to wear acid green is to accent it with matte black—you'll be flaunting your fashion sense. Although this shade seems to be everyone's **chic statement** these days, it suits redheads best: Since red and green are opposites on the color spectrum, a redhead will look more vibrant when wearing green. And this color is a throwback to the sixties, so your makeup can be sixties-inspired, too, with highly dramatized eyes.

green



(continued) makeup to match? Neutral tones—tinted moisturizer, cream-powder blush, sheer lip color in rosy brown, nude pink.

EARTHY, CONCERNED AND WORLD-CONSCIOUS, THE NATURALS reveal a real back-to-basics attitude. No wonder, since the shades—from oatmeal to clay to terra-cotta—are **nature-inspired**. You probably have a few naturals already in your wardrobe—the most classic is a beige trench coat (P.S. The today way to wear it is over all black). When you wear natural colors, **vary the tones** and keep your accessories natural-looking, too: mock-croc, suede and leather are perfect. Your makeup should vary a bit, depending on which natural you're wearing. For super-pale clothing, keep makeup tawny and wear a slightly metallic nude lipstick or bronze shadow with an otherwise matte face. For the **richer naturals**, try a slightly stronger eye makeup—a well-groomed brow, dark liner on upper lashline and blush on browbone plus a rich lip color.

Get real in a natural shade, near right: suit, Isabel Ardee; bodysuit, Donna Noble; hosiery, Christian Dior; shoes, Perry Ellis; earrings, Lisa Jenks. The right-now scene is green, far right: pantsuit, Benetton; turtleneck, Randolph Duke; hosiery, Hanes; shoes, Adrienne Vittadini; glasses, Alain Mikli; chair, Modern Age

the naturals

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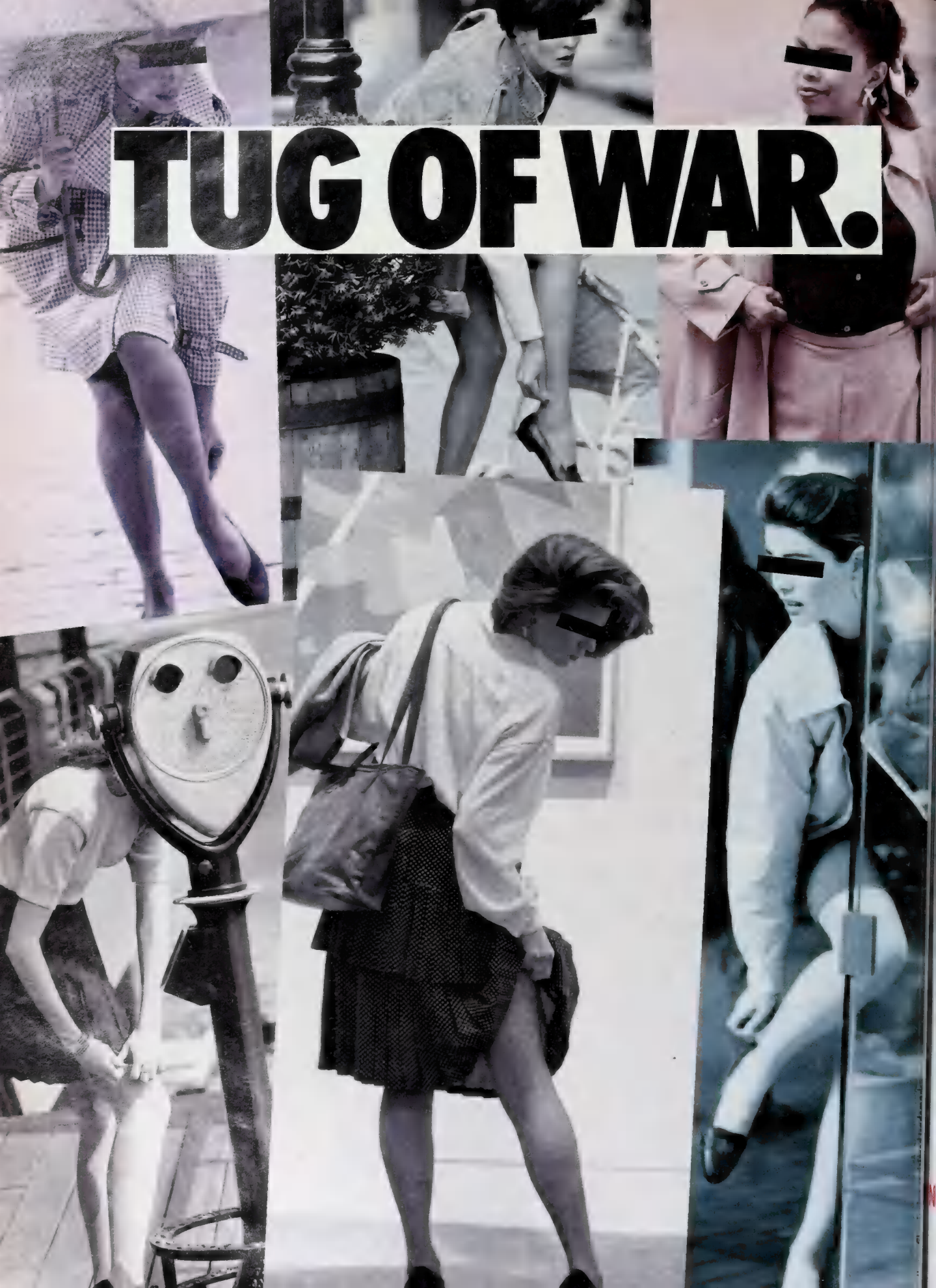
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WHAT'S HOT

STARS WHO CARE

As concern about the environment, AIDS and homelessness grows, actresses from Meryl Streep to Barbra Streisand are playing the part of good citizens. LHJ examines how the famous have opened their hearts—and their pocketbooks. **By JoBeth McDaniel**

PICTURE THIS: YOU JET TO PARIS TO APPEAR AT AN INTERNATIONally televised Bob Hope benefit, stunning in your expensive sequined dress. Then your limo whisks you away to your French villa in the countryside. As you drive there, you see trash marring the roadside scenery. And what do you do about it?

Well, if you're Linda Evans, you ask your driver to pull over and then you jump out of the car and start picking up the scattered paper and plastic.

The actress—best known as Krystle Carrington, the pampered wife in the TV series *Dynasty*—laughs as she recalls the puzzled onlookers and the astonished face of her embarrassed chauffeur. "He told me, 'But madame, you cannot do this. You are zee star.' I said, 'Then who will?' and got him to help."



Evans is one of many celebrities for whom being a star is no longer enough: Now they need to be star citizens, too.

To be sure, celebrities have always been a generous lot; Bob Hope has always been tireless about entertaining U.S. troops abroad, and Jerry Lewis is so devoted to raising money to fight muscular dystrophy he's almost better known now as a fund-raiser than as a comic actor. Several other stars have long supported causes with their time as well as their money: Elizabeth Taylor, for instance, has helped raise more than $27 million to fight AIDS, while Paul Newman has donated some $27 million in profits from his food products to several charities, including his own camp for kids battling cancer.





Meryl Streep and Kevin Costner are two who've come out to save the planet. Barbra Streisand prefers to donate quietly while Robin Williams, Whoopi Goldberg and Billy Crystal generate laughs—and millions for the homeless—with *Comic Relief* telethons

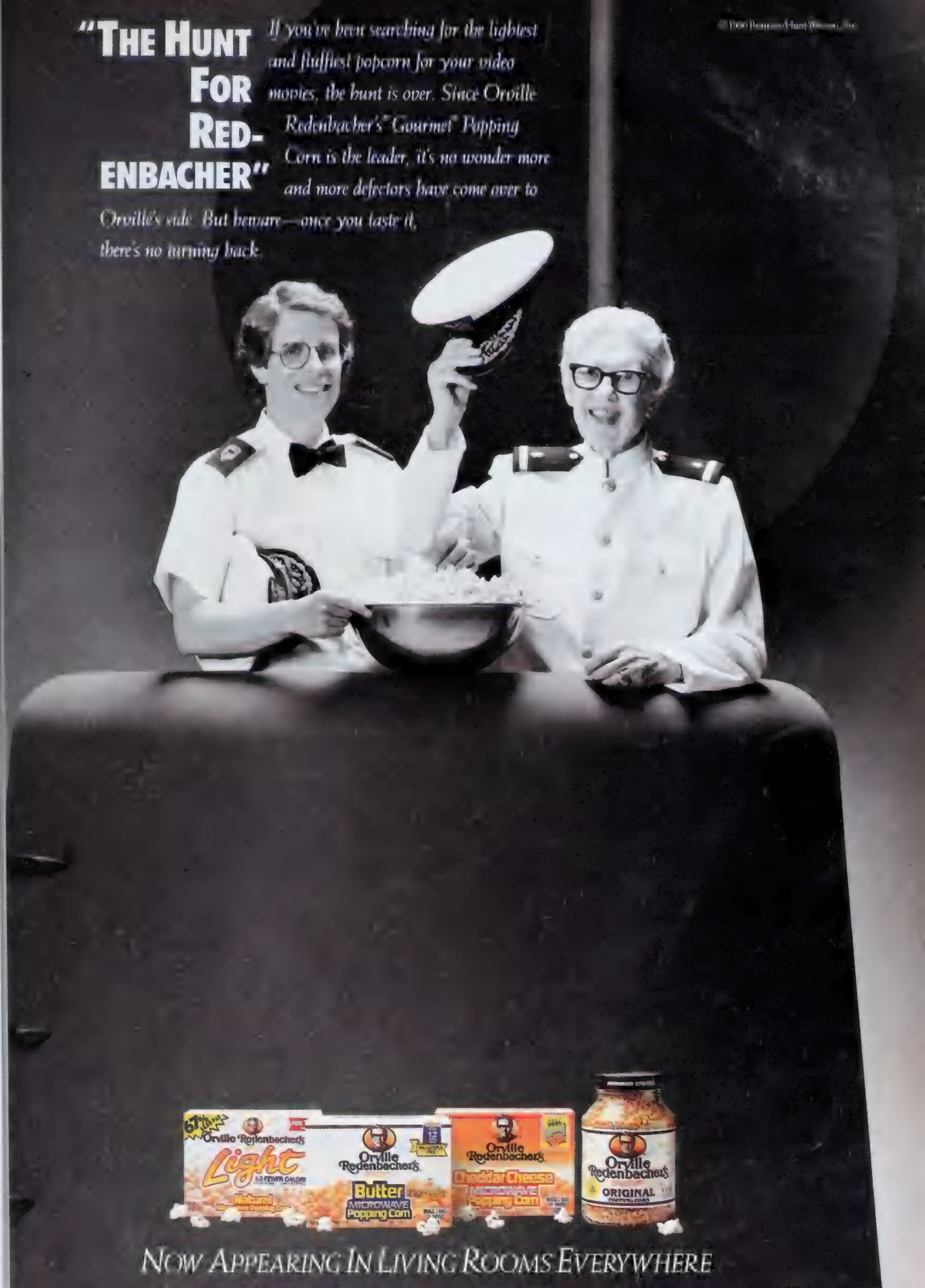
But lately, it seems everyone's got to have a cause—and get out on the line to defend it. Meryl Streep condemned the pesticide Alar before a congressional committee, Jill Eikenberry and Cybill Shepherd marched on Washington in favor of a woman's right to abortion, and Mel Gibson appeared in public-service announcements urging people to recycle. In fact, so many celebrities jumped on the ecology bandwagon on Earth Day, last April, they inadvertently caused traffic jams in Beverly Hills when they rushed to rallies and television specials.

There's no doubt about it; celebrity causes are chic. There are even a few Hollywood agents who specialize in matching charities and celebrities, for a fee. Why is charity so in vogue? Well, it must be admitted that positive publicity is one motivating factor—especially for stars whose luminance is on the wane.

But it should be noted that for many—if not all—famous folks, activism comes from the heart: They sometimes get the same is-that-all-there-is feeling about life as the rest of us, and they find that charity work can be enormously *(continued)*

"THE HUNT FOR RED-ENBACHER"

If you've been searching for the lightest and fluffiest popcorn for your video movies, the hunt is over. Since Orville Redenbacher's® Gourmet® Popping Corn is the leader, it's no wonder more and more defectors have come over to Orville's side. But beware—once you taste it, there's no turning back.



NOW APPEARING IN LIVING ROOMS EVERYWHERE

WHAT'S HOT







Sally Field is trying to make the environment shipshape; Elizabeth Taylor uses her influence to raise millions for AIDS research and education: and Olivia Newton-John speaks her mind as a United Nations Goodwill Ambassador for the Environment

(continued) satisfying. "I feel I've been given so much, and I want to give back," explains Evans. "The reward for involvement is tremendous."

Some stars join causes as a way to deal with trauma and tragedy. Pam Dawber, for one, was moved to action after Rebecca Schaeffer, her co-star in *My Sister Sam*, was fatally shot by a deranged fan. "I guess you can either become completely bitter or try to do something positive," says Dawber, who lobbies for tougher gun-control laws. "Now I'm doing everything I can."

Many of today's charitable leaders are actresses, and they're playing important roles in everything from environmental protection to drug rehabilitation. Here, a closer look at some of these stars and the causes they care about.

PROTECTING THE PLANET

Mother Earth is currently the hottest cause in Hollywood. Many of her most fervent defenders are concerned mothers, who realize that all the money in Beverly Hills won't buy a new environment for their little ones. For example, Meryl Streep, mother of three, co-founded Mothers and Others for a Livable Planet to fight for pesticide limits. Barbra Streisand quietly gives $1 million each year to environmental and civil-liberties groups through her Streisand Foundation. Goldie Hawn participates in Environmental Media Associates, urging screenwriters to insert environmental messages into movies and TV shows. Sally Field, Kirstie Alley and Meg Ryan are part of the Earth Communications Office (ECO), another environmental group that tries to teach the entertainment community and the public to make sound environmental choices in their everyday lives.

Madonna has performed at benefits to preserve Brazil's disappearing rain forests. And Olivia Newton-John has become so involved in protecting the planet that she has been named a United Nations Goodwill Ambassador for the Environment. A recent run-in with her Malibu neighbors, however, shows just how tricky the do-good game can be: They sued her for dumping dirt in the ocean while renovating her house. Olivia says that she was trying to build up the unstable cliffside, with advice from environmental experts. She believes her activism made her an easy target; still, she vows to continue. "My job is to let people know that they have the power to change things," says Olivia. "Once you're aware, you can't close your eyes again."

ACTING AGAINST AIDS

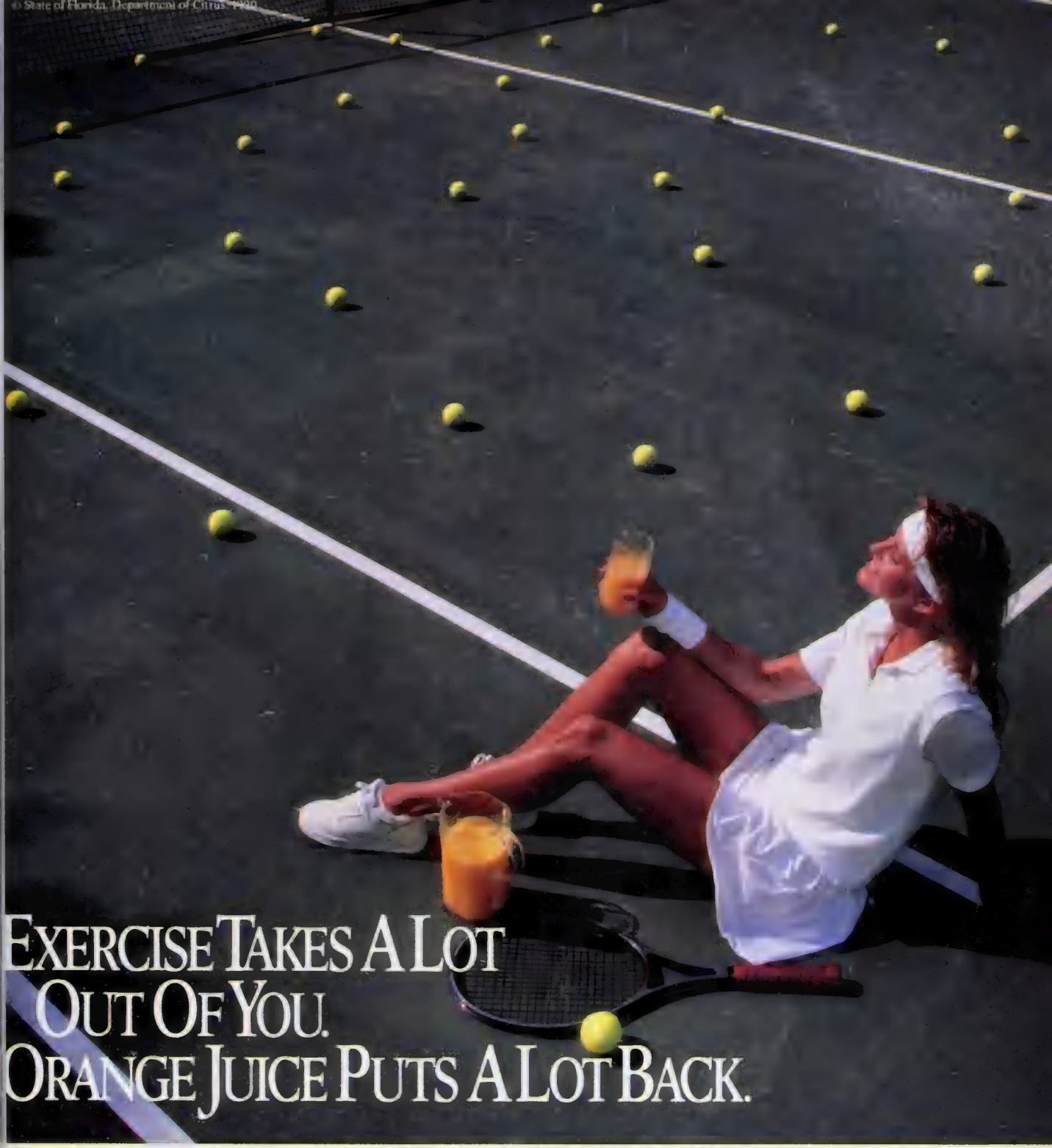
In recent years, AIDS has struck down legions of people, many in the arts, motivating stars to rally to the cause. No one has been more influential than Elizabeth Taylor, the founding national chairperson of the American Foundation for AIDS Research (AmFAR), who helped make the public aware of the disease.

But before awareness grew, AIDS could be an extremely controversial cause for male stars to publicly support. In 1985, for instance, when Burt Reynolds tried to help raise money for research, rumors that he had AIDS grew so strong that he felt compelled to deny them in a public statement.

Perhaps the most poignant involvement is that of Paul Michael Glaser (*Starsky and Hutch*) and his wife, Elizabeth. Their daughter died of the disease, and Elizabeth and her little boy are HIV positive, as a result of a blood transfusion she had while delivering her first child. The Glasers co-founded the Pediatric AIDS Foundation in 1988, but didn't go public with their tragedy until the summer of 1989, when a tabloid threatened to reveal their story. Elizabeth has helped raise $3 million, has recruited former President Reagan to do public-service ads and has lobbied Congress to provide research grants and received $22 million.

Some fear that so-called trendier issues may lure celebrity support *(continued)*

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R LESS THAN MOUNTAIN-GROWN AROMA.

ee, but also in our naturally decaffeinated. And even in our newest coffee, ers Gourmet Supreme. ☐ So, no matter how you like your coffee in the ning, you never have to settle for aroma that's less than mountain-grown.



OLGERS IN YOUR CUP.

WHAT'S HOT

(continued) away. But, as Bette Midler, a devoted fighter against AIDS, said at a fund-raiser: "It's not time for anyone to be fed up with this cause."

HELPING THE HOMELESS

When homeless people began filling our streets in the early eighties, stars were quick to offer their help. As the problem exploded, so did support. In 1986, three leading comedians—Whoopi Goldberg, Robin Williams and Billy Crystal—created *Comic Relief* to raise money to aid the homeless. Since then, the cablecast telethons have contributed nearly $12 million to charities for the homeless.

Other celebs, including Susan Dey and Ally Sheedy, took to the streets last fall and marched on Washington with the late activist Mitch Snyder to draw attention to the plight of the street people. And in the music world, a memorial concert honoring Roy Orbison featured Bonnie Raitt and Emmylou Harris, as well as Bob Dylan and David Crosby, and the proceeds went to help the homeless. "The world needs activists. Just because you're a celebrity, you do not abdicate your citizenship. You do not stop being human," says Valerie Harper, who appeared on the *Arsenio Hall Show* last year to appeal for volunteers for the march on the Capitol and even traveled to Washington to be there herself.

FIGHTING FUR

Hollywood stars once flaunted their glamour by swathing themselves in fur coats. Now they're just as likely to refuse to wear fur—on-screen or off. The long list of antifur advocates includes Kim Basinger, Daryl Hannah and Candice Bergen; Liza Minnelli and Carol Burnett have gone so far as to renounce their years-ago participation in the "What becomes a legend most" ads for Blackglama mink.





And some younger stars, including singer k.d. lang and actress Martha Plimpton, push their commitment further by supporting vegetarianism: lang recently stirred up a ruckus with her commercials condemning the killing of cattle for meat.

Three of TV's Golden Girls—Rue McClanahan, Betty White and Bea Arthur—staunchly support animal rights. When White's character dreamed the girls visited a wintry Russia, they were wearing *fake* fur hats and muffs. "We have to improve as a species, and we can't with this kind of cruelty," says McClanahan, honorary chairperson of People for the Ethical Treatment of Animals (PETA).



For Rue McClanahan, animal rights are more than a pet cause: She's honorary chairperson of People for the Ethical Treatment of Animals. Linda Evans doesn't hesitate to scoop up roadside trash, and Pam Dawber now lobbies for tighter gun control

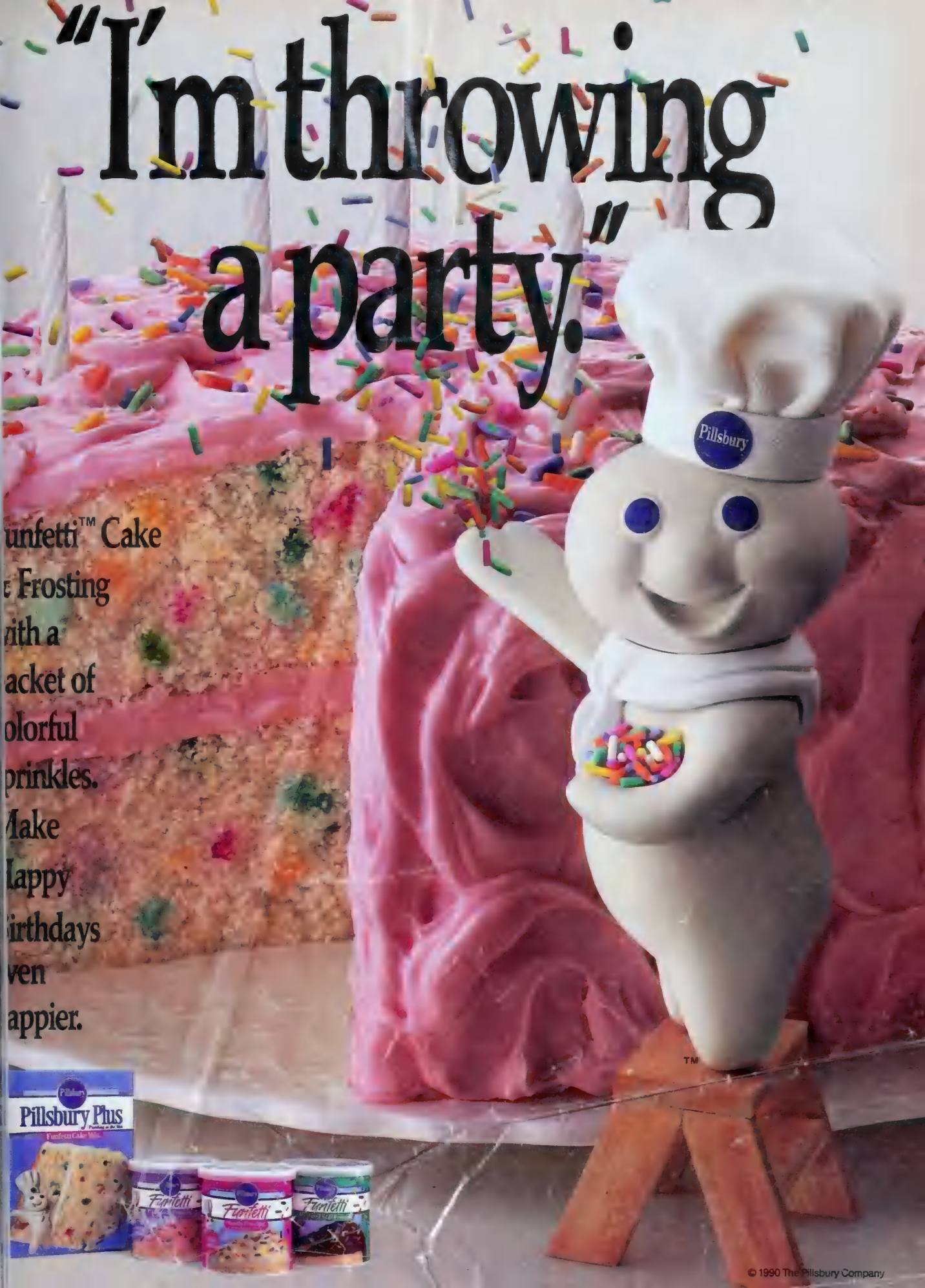
STOPPING SUBSTANCE ABUSE

As a cause, substance abuse has probably lost a little of its luster since Nancy Reagan was urging the world to "just say no." Still, celebrities like Linda Gray, Priscilla Presley and Angela Lansbury are doing "Stop the Madness" public-service announcements to discourage drug and alcohol abuse. And stars—as well as ordinary mortals—still flock to the Betty Ford Center. Some, like fifteen-year-old Drew Barrymore and Carrie Fisher, share their recovery experiences, perhaps in hopes of coaxing others onto the clean-and-sober path.

And others who grew up around addiction are telling their stories now, too. Mariette Hartley's new autobiography reveals that her parents were alcoholics, and Suzanne Somers confided what it was like growing up in a family of alcoholics in her own best-selling autobiography, *Keeping Secrets*. Why did Somers make her pain public? "The only way it's going to change is if people speak out about the help that is available," she says.

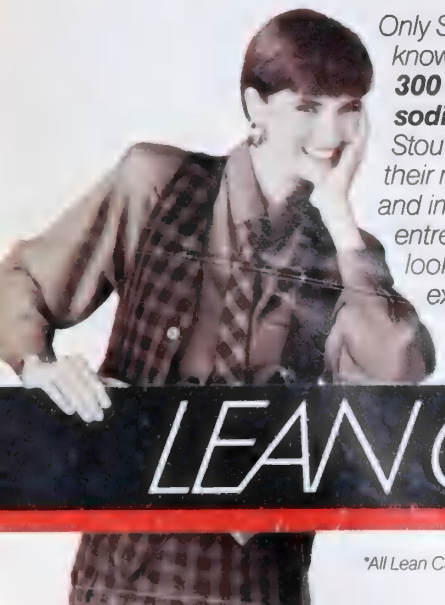
And when the people are prominent and glamorous, of course, the rest of us are more likely to listen. ■

JoBeth McDaniel writes frequently about celebrities.


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WOMEN OF THE YEARS

During the past five decades, as we've traded in our shirtwaists for superwoman suits, our icons of womanhood have changed dramatically. From Katharine Hepburn to Jacqueline Kennedy to Jane Fonda, the Journal takes a look back to see just how we have grown.

By Leslie Jay

forties







WORLD WAR II GAVE us lots of new heroes—and heroines. The most admired woman was First Lady Eleanor Roosevelt, a longtime social activist, seen above reviewing Waves at Smith College. In movies like *Woman of the Year*, *Mildred Pierce* and *The Letter*, leading ladies Katharine Hepburn, Joan Crawford and the still-girlish-looking Bette Davis were the equal of any male star. The design of the decade was the well-padded shoulder, which made all women look capable of assuming their new burdens—including assembly-line work at undermanned wartime factories. Right, our depiction of one of these Rosie-the-riveters taking a break.

"Woman's work" meant building planes as well as baking

fifties



WHEN JOHNNY CAME marching home again, thousands of homemakers retreated to the domestic turf, making the aproned shirtwaist the design of the decade (bottom left). Women were not lacking in sexual magnetism—witness that bombshell of bombshells, Marilyn Monroe (although she would later turn out to be a victim of her own sex appeal). Babies boomed everywhere, even on *I Love Lucy*, where Lucille Ball made us laugh as an adorable scatterbrain who scorched the ironing and the meat loaf. Grace Kelly acted out our fantasies by charming her Prince and riding away with him into the sunset. But ultimately, the most significant woman of the fifties may have been Rosa Parks (left), the tailor's assistant from Montgomery, Alabama, who defied segregation laws when she refused to move to the back of the bus—and thereby started the Civil Rights Movement.

That fifties ideal, the happy homemaker, could clean house and prepare supper without ruining her hairdo or manicure



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'60s





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It not only has double-decker baskets and a neat little seat, it also comes with play money, groceries, and a special surprise.
Load the groceries on the seat, pull the lever, and they tumble into the bottom basket.



Rolling right along, there's the Magic Scan Checkout Counter. Check this out, mom: a conveyor belt that really moves, and a pretend scanner that really beeps. Just like the ones in a real supermarket.

Naturally, groceries and play money are included. And both the Checkout Counter and Super Mart Cart work wonderfully with other Fun with Food™ toys.

Best of all, they make it possible to laugh and shop at the same time.

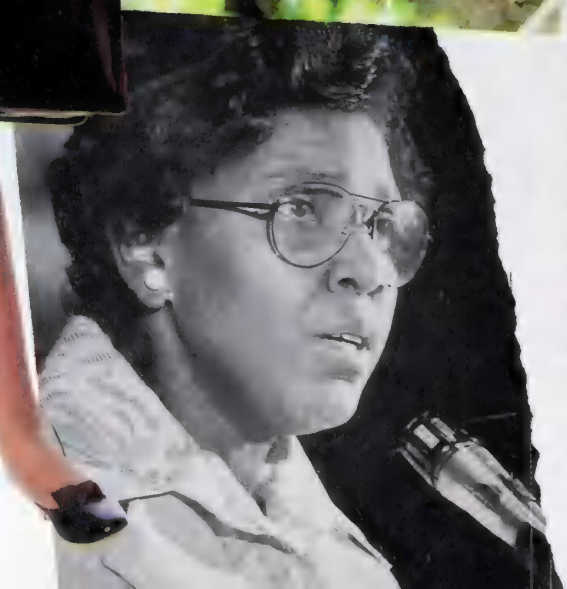
990 Fisher-Price, East Aurora, New York 14052. Also available in Canada.
er Cart, Checkout Counter and some food sold separately.



SEVENTIES







PROGRESS, WITH NO strings attached: Tennis star Billie Jean King raised a racket for all female athletes by trouncing hustler Bobby Riggs. Mary Tyler Moore, previously seen as Dick Van Dyke's small-screen wife, made it on her own in Minneapolis as TV's bachelor career girl. For others, there was safety in numbers: *Charlie's Angels* Jaclyn Smith, Farrah Fawcett and Kate Jackson—the most attractive trio of law-enforcement agents since *Mod Squad*—arrested our attention. So did Congresswoman Barbara Jordan, whose stirring defense of the Constitution helped persuade her colleagues on the House Judiciary Committee to call for Richard Nixon's impeachment hearings for his involvement in Watergate. The navy-blue dress-for-success suit was the design of the decade, complete with man's bow tie or pussycat bow.

Armed with briefcases and pumps, working women suited themselves

When you get all the bladder control protection you need without the bulk, what do you have?

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Introducing Serenity™ Guards. Revolutionary Bladder Control Protection.

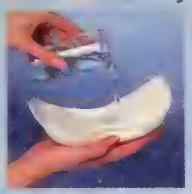
Millions of women have it. It's part of being female. And it could cause embarrassment. It's poor bladder control. But now, they've discovered something new. They've found Serenity.®

Absorbs more where you need it most.

Although Serenity is small enough to hold in your hand, it's just as absorbent as something five times its size. So it absorbs more where you need it most.

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Protection that lets you feel like a woman again.



ease consult your physician
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But Taurus wagon's greatest virtue is one you'll have to get behind the wheel to appreciate. Because Taurus has a specially designed suspension that gives it remarkable, sedan-like handling. Handling so good, you'll have to glance back over your shoulder to make sure you're really driving a wagon.

Loaded with safety features.

Something else you'll appreciate on Taurus wagon is its 32 standard safety features including a driver's side air bag supplemental restraint system to be used

You don't have to load it up to appreciate its virtues.



Buckle up—together we can save lives.

th your safety belt and 3-point rear
t belts. Plus the available anti-lock brak-
g system with four-wheel disc brakes
ovide even more security for you and
ur family.
With its looks, capability, performance
l safety features, Ford Taurus is a wagon
t certainly gives you a lot to appreciate.

Ford. The best-built American cars... ten years running.

This is based on an average of consumer-reported problems in a series of surveys of all Ford and competitive '81-'90 models designed and built in North America. At Ford, "Quality is Job 1."

Ford Taurus Wagon



Have you driven a Ford...lately?

'80s

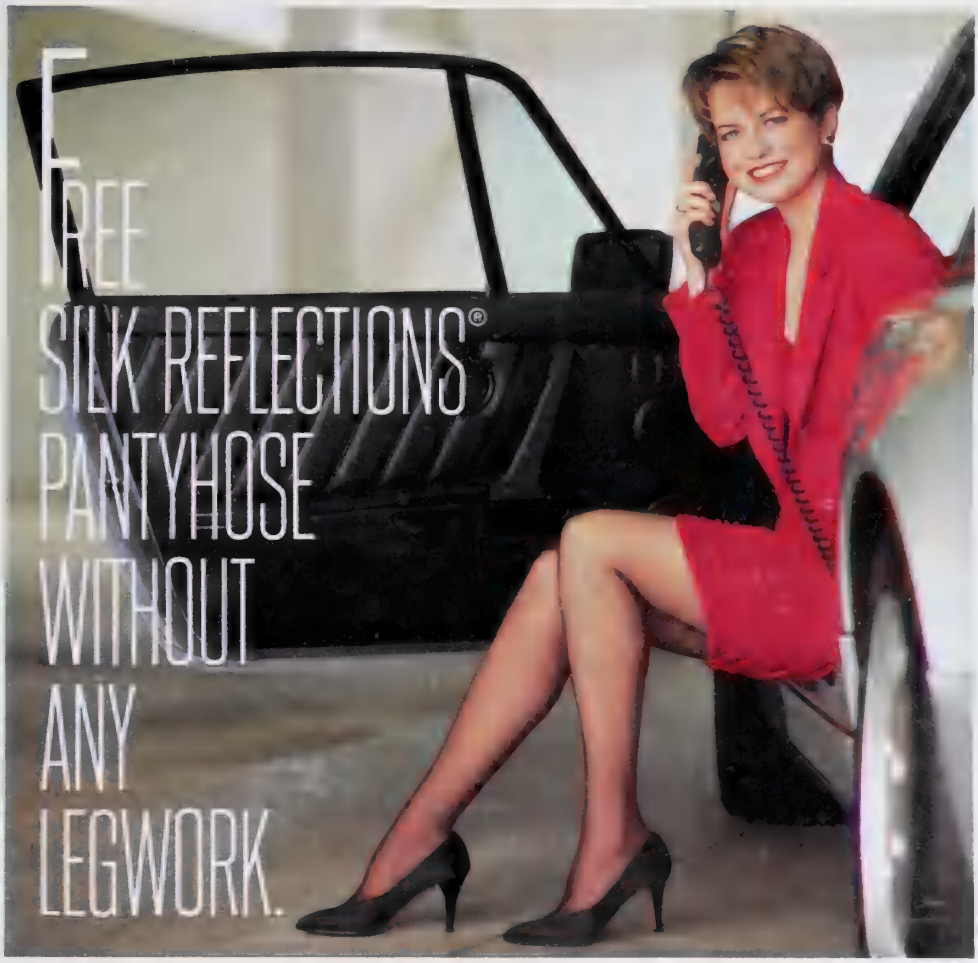
Where's her cape? Superwoman has it all: a career, a family—and sleep deprivation



DURING AN EXTENDED economic boom, we were what we wore. First Lady Nancy Reagan led the way in her controversial designer freebies, reintroducing glamour to the White House. Meryl Streep's performance in *Out of Africa* made us yearn for adventure, and her romantic wardrobe created a vogue for khaki skirts. Putting on the glitz was the main achievement of British import and *Dynasty* imperial Joan Collins. Meanwhile, fitness fanatic Jane Fonda preferred to go for the burn in brightly colored leotards. The superwoman look—perfectly polished and accessorized—suited these extremely ambitious times.

WHAT'S NEXT?

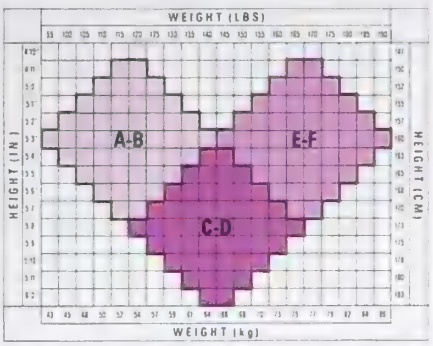
From Wall Street to Main Street, the boom has finally bombed and a more reflective nation is now turning inward. The twentieth anniversary of Earth Day, for example, prompted us to search our ecological consciences. Maybe, after having it all, in the environmentally aware nineties we're ready to return some of it—and recycle the rest.



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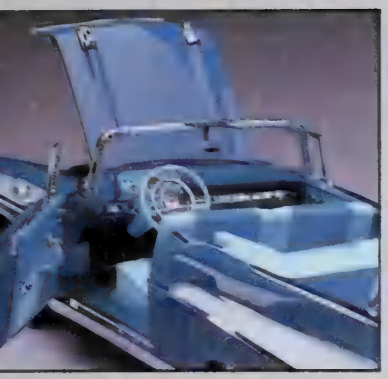
The engineers of this beautiful car gave it a history-making 283-cubic-inch V-8 engine under the hood. It was one of the most advanced and powerful engines of its day and became the biggest auto news of the year.

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A Meticulously Engineered Die-cast Metal Replica Designed To Win The Heart Of America All Over Again!



Interior: *The doors and hood of your model open and close with precision and the steering wheel actually turns the front wheels. Each detail of the dramatic, concave "command post" dashboard is correct — the tiny dials and gauges are actually readable.*

s is inspected before assembly. en at last the replica is complete, hand-waxed and inspected one time.

re are more surprises...try the rs. They open and close smoothly, so does the hood. When you the steering wheel, the front els turn. This '57 Chevy Bel Air everything but take you for a — your imagination will do that, down Memory Lane.

bit of the '57 Chevrolet Bel Air's



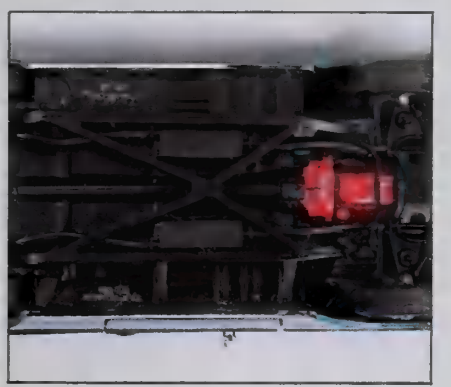
Rear: *Just as you remember it — a double helping of everything. The sweeping tailfins with their ridged, tapered side panels, twin radio antennas, and back-up lights. The golden "bow tie" insignia and license plate frame sets it all off.*

memorable glamour, excitement and dynamic engineering is reflected, detail by detail, in this model. From its golden grill, to its racy, unforgettable blade fins — it is a faithful re-creation of the original.

Available only from the Danbury Mint.

This extraordinary replica is available exclusively from the Danbury Mint. It is not being sold in stores of any kind.

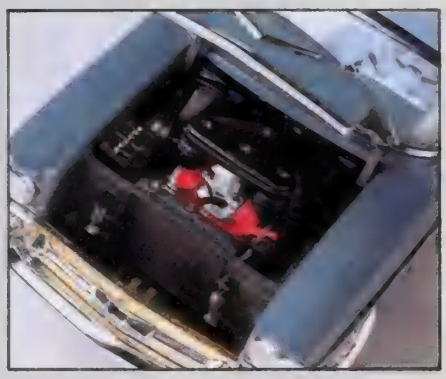
To order, you need send no money now. Simply return the attached Reservation Application. The price of $88.50 is payable in three convenient monthly installments of $29.50 each. As an added convenience, you may charge your installments to a major credit card.



Undercarriage: *Turn your model over to see how the '57 Chevy was put together. It's all there in miniature — the drivetrain, springs, shocks, exhaust system, X-frame, gas tank and spare tire well.*

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Please accept my Reservation Application for the *1957 Chevrolet Bel Air*. I need send no money now. I will pay in three monthly installments of $29.50 each,* the first in advance of shipment.

My satisfaction is guaranteed. If I am not satisfied with my replica, I may return it within 30 days of receipt for prompt replacement or refund, whichever I prefer.

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HOW TO MAKE YOURSELF A STRONGER PERSON

Before a woman can be truly happy and successful, she must learn something she may never have thought about—how to love herself. Find out the secrets to building—and maintaining—self-esteem.

By Claire Berman



Eight months ago, Stephanie Stefek was at an all-time low. "I was going through a divorce, negotiating custody of my three-and-a-half-year-old daughter, and had just come out of a relationship," says the twenty-nine-year-old corporate assistant at a marketing company in Pasadena, California. "I told myself that I wasn't worthy, that I didn't deserve to succeed at relationships, at work, at anything. I was *really* down in the dumps. I needed something that would help me feel good about me."

Then Stephanie heard from colleagues about a $375 self-esteem workshop, and she signed up. Starting Friday night and continuing through Saturday and Sunday, the seminar, conducted by Jack Canfield, a noted expert on the subject, took the sixty-odd participants through a variety of confidence-building exercises. In one of them, for example, Stephanie found herself declaring, "I deserve a good relationship; I deserve to be successful at work; I deserve to have a nice place to live," while two partners echoed her vows. "I came away understanding that you need your own validation," she says. "You can't look to others for your self-esteem."

Self-esteem is *the* psychological topic of the nineties, especially for women. "It affects your relationships with friends, with those at work, with a spouse; it affects your ability as a parent. It permeates everything," says Judith Briles, Ph.D., author of *The Confidence Factor: How Self-Esteem Can Change Your Life* (MasterMedia, 1990).

It's big business as well. Workshops like the one Stephanie attended now number in the thousands, spawning videos and newsletters; self-esteem books dot the best-seller lists. The movement has even cracked corporate culture. A recent survey of two hundred major companies by the American Society for Training and Development found that 36 percent already offer self-esteem training now or plan to do so within three years.

Not so long ago, the self-esteem movement seemed like just another feel-good New Age fad. It was easy to snicker back in 1986 when the state legislature of California established the Task Force to Promote Self-Esteem and Personal and Social Responsibility. Garry Trudeau even lampooned the task force in his "Doonesbury" comic strip. But the laughter has *(continued)*

Yahoo! It's the Fisher-Price Rocking Pony!

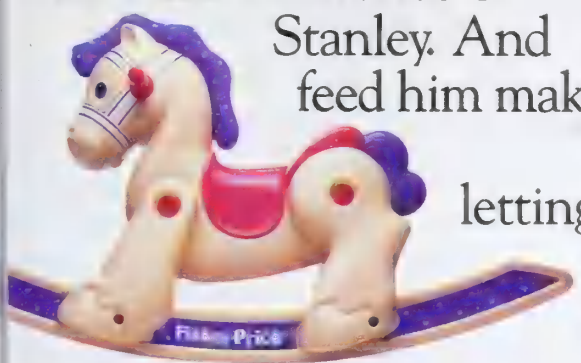


How wonderful, when your little buckaroo wakes up to see his own Rocking Pony, just waiting for that morning hug and gallop.

Because the Fisher-Price® Rocking Pony is more than a toy. He's a pet. With a soft, padded mane that begs to be petted.

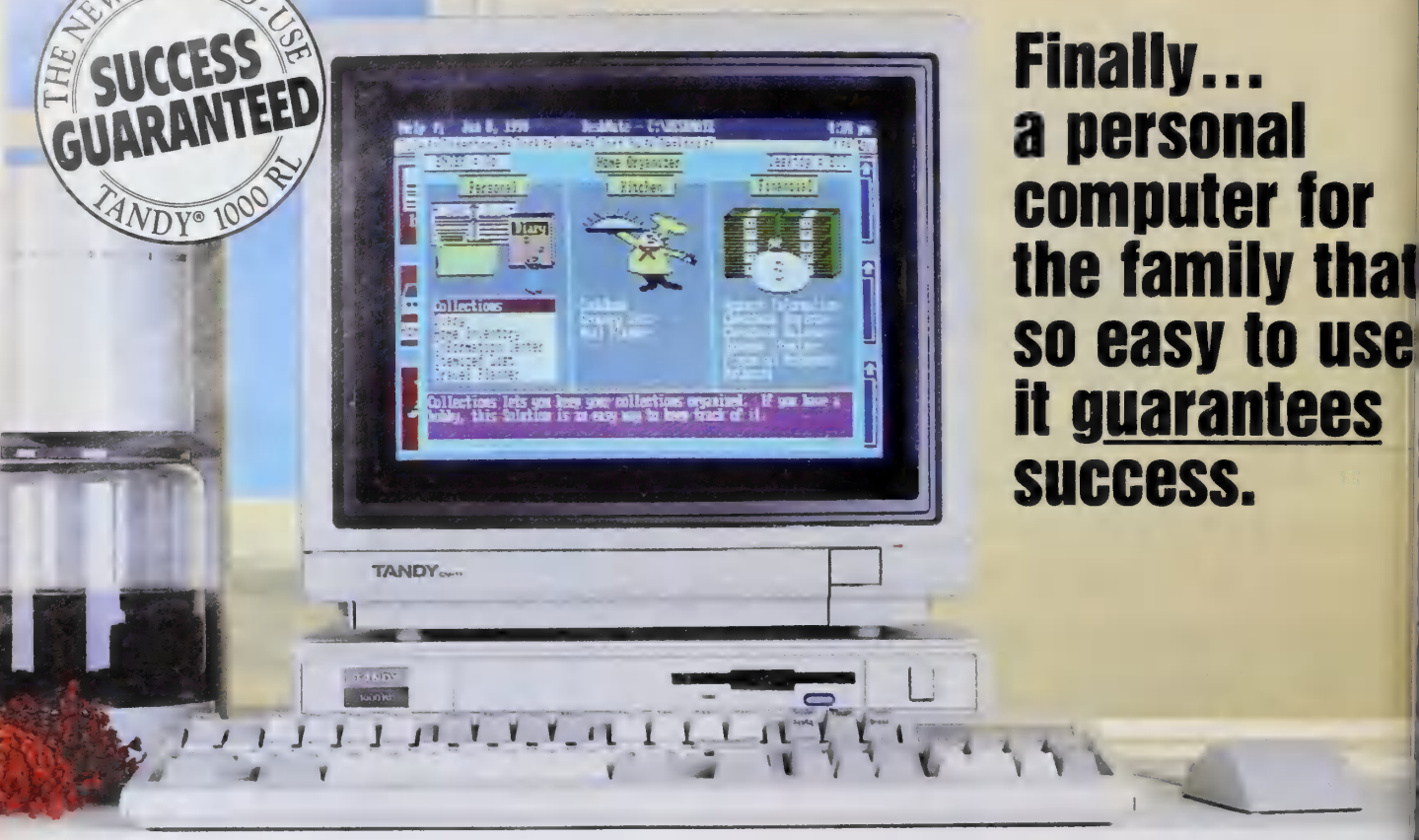
Your child will probably give his trusty pony a name like Flash or Bronco or Stanley. And feed him make-believe oats or real cookies.

No wonder so many mamas are letting their babies be cowboys.



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The Tandy 1000 RL personal computer has 24 DeskMate and Home Organizer applications built in. All are specially designed to insure that you can readily use them. If you need help, our personnel have been specially trained, our stores have a new phone help system and we've organized area tutoring sessions. You can even equip your RL with a modem for help on the PC-Link online service. Come in today! We *guarantee* success. NOBODY COMPARES!

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STRONGER PERSON
continued

l down. The California commission cluded in its 1989 report that self- em could be a "social vaccine" inst many of society's ills, such as ne, teen pregnancy and drug abuse. state has set up forty-nine local missions, which will launch work- ps in grade schools, high schools prisons. The task force also helped blish Self-Esteem Central, a non- it clearinghouse, to serve as an in- nation center for the entire coun- Virginia and Maryland have set task forces of their own, and six er states are considering similar ects.

e bedrock of the soul

what exactly is being marketed n such success? "Self-esteem is the l feelings we get when we approve urselves and our own actions, the we're dealing with life," says Ar- Kagle, Ph.D., a psychologist in ate practice in New York City. "It t be measured on a scale, because different things to different peo- ' High self-esteem is simply being fortable in your own skin, feeling re a valuable person. This strong dation gives an individual the re- nce to bounce back from life's e and small failures—an unsuc- ful relationship or a mistake at k—and the ability to make choices idently, whether it's deciding m you want to marry or what ca- you should pursue.

hose who lack self-esteem may find nselves drained of assertiveness, h can keep them from taking s to advance their careers. Many so discouraged by failure, they can into depression and even eating rders and addictive behavior. And en who lack self-love, say experts, n let themselves be victimized in ive relationships.

lf-esteem develops from a complex action of messages passed on by nts and society. From these mes- s we learn how to act, how to look, choices we should make. The ages become an internal voice determines how we feel about y things, primarily ourselves. Not source carries equal weight; experts say that parents, our messengers, may have the most ence. "A lot of lack of self-esteem s from being denigrated by one's nts," says Gerald Marwell, Ph.D., ssor of sociology at the University sconsin, in Madison.

rents can lay a firm foundation of steem by providing us with dless love and sincere appreciation. They can also crush our self-esteem by being punitive and disapproving, stressing unachievable goals (see "How to boost your child's self-esteem," page 106). If we are raised with such negativity and criticism, eventually we may become our own greatest critic, continually echoing the negatives, never feeling that we deserve fulfillment and keeping ourselves from success and happiness.

The problem is even more devastating for women, experts say, because society lays a special trap for them.

The gender gap

From early childhood until puberty, boys and girls appear to feel equally good about themselves and ready to take on life's challenges. Then, research indicates, females begin to look at themselves more critically. A recent study by the Minnesota Department of Education, of more than ninety thousand students in sixth, ninth and twelfth grades, turned up some astounding findings: Kids were asked whether they agreed with statements indicative of self-esteem, such as "I usually feel good about myself" and "I'm able to do things as well as most other people." Responses were equally positive for the majority of sixth-grade boys *and* girls, but by ninth grade the number of positive responses from girls had plummeted. According to the study, by that time "females were twice as likely as males to believe that they don't have much to be proud of, can't do anything right and are no good."

Why the discrepancy? The researchers suggest that a troubling pattern of paternal noninvolvement may be at fault. Both mothers and fathers make themselves available to sons and daughters in the early grades, but by ninth grade, fathers have distanced themselves from their daughters.

"During the crucial phase of emotional, social, intellectual and sexual development, females are missing out on their fathers' opinions, advice and support. . . . [This] may explain, at least in part, the lower self-esteem consistently found among females at this age," the researchers wrote in their report.

Another problem is that at puberty, girls begin to be much more aware of outside influences, particularly those that stress the importance of looks, weight and clothes. "Girls are coming up against what it means to be a woman in our society," says Elizabeth Debold, a researcher at the noted Project on the Psychology of Women and the Development of Girls, at the Harvard University Graduate *(continued)*

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#1 recommended lice treatment by school nurses and pharmacists. Pediatricians recommend RID, too.

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STRONGER PERSON
continued

hool of Education. "The covers of agazines, ads for cars with women aped over them—all this is telling em what is expected of them." De- te the time and energy girls spend ing to be thin and attractive, they gin to feel they can never quite mea- e up. The resultant feelings of fail- e can crush self-esteem.

Arlene Kagle points to the more lim- d options girls have. "Society gives n a wider latitude," she says, "both how they may look and how they y act. For example, a six-foot man weigh anywhere from one hundred ty to two hundred ten pounds. at's a range of fifty pounds. Women given a range of ten pounds."

And finally, many of the goals and ues our society sets for women— king good, being neat, acting agree- y—make women feel powerless. en if a girl succeeds in conforming the norm, it is a hollow victory, one t is achieved at the expense of her e feelings and talents. In tracking psychological development of girls, rol Gilligan, Ph.D., director of the rvard project, and her colleagues nd that from ages seven to eleven, ls are outspoken, smart and pas- nate about what they know and nk. By sixteen, they're more often ent, conforming and accepting, aid to let their true selves show.

ays Elizabeth Debold, "Sometime late grade school, girls start to get message that there's a way they uld be. For middle-class girls, this ans: never angry, very neat, always ng well in school, obedient. At the e time, they start to believe *every-* should be nice. They regard non- flict as the ideal.

Girls also begin to feel extremely nerable at this time," she adds. ey start to realize that the way nen get along is by going along. s becomes a crisis, as the adoles- t female begins to submerge her self and create a conforming self. danger is that, in doing so, one dually becomes less aware of one- and one's needs.

To submerge part of yourself is blematic," Debold says, "because t happens is that the part you've merged gets lost or atrophied. men must reclaim the lost parts of mselves."

ating the odds

hough the process of overcoming self-esteem is a long and some- es painful one, it can be done—and sands of women are now doing it, the help of workshops or therapy, and sometimes on their own.

Stephanie Stefek is in the process of understanding and dealing with the negative messages she received over the years. Now, she says, she can accept being "good enough," and she can take criticism as a comment on the deed—not the doer—and learn from it. Her workshop was a good first step, she thinks; her later successes build on one another to reaffirm what she learned. "I walked away on an emotional high," she says. "Then you take a dip and level out. But where I am now is much higher than where I was. At work I find it so much easier to complete things."

To help you learn more about building your own self-esteem, we've provided a step-by-step workbook that duplicates many of the ideas you'd find in a self-esteem seminar. And remember to look inward for your validation; as the grand First Lady Eleanor Roosevelt—a woman whose self-esteem blossomed over the course of a lifetime—once wrote, "No one can make you feel inferior without your consent." ■

Claire Berman writes often on psychology and relationships. Her new book, "A Hole in My Heart: Adult Children of Divorce Speak Out," will be published by Simon & Schuster next year.



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THE BOOST-YOUR-SELF-ESTEEM WORKBOOK

Learning to love yourself

This program was developed by Claire Berman in consultation with Louise Hart, Ed.D., a community psychologist and the author of *The Winning Family: Increasing Self-Esteem in Your Children and Yourself* (Lifeskills Press, 1990). Part I concentrates on helping you discover your opinion of yourself—your perceived strengths and weaknesses. Part II focuses on strategies for building self-esteem; it will help you to accept and appreciate the person you are.

PART I

HOW GOOD DO YOU FEEL ABOUT YOURSELF?

Respond to the following statements with GT (generally true) or S (seldom). Be honest. The purpose of the quiz is to get at your true feelings.

1. I feel content with my present work life and home life.

(continued)



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pressed powders made to match most skin ton
a finishing touch that eliminates shine, and gives
fresh and natural look that lasts and lasts.

Corn Silk has a unique ingredient that absorb
oils. So you always get radiantly soft, smooth loo
skin without shine. Hour after hour... in just your s
of beautiful.

Corn Silk Beautiful Stays Beauti

STRONGER PERSON
continued

2. I am prepared to take risks.
3. I am able to ask for help.
4. I am genuinely pleased to learn of others' success.
5. I appreciate it when people recognize the good work I do.
6. I appreciate and take pride in my accomplishments.
7. I see mistakes as opportunities to learn.
8. I look at people when speaking to them.
9. I really listen to people when they speak to me.
0. I can ask for what I want.
1. I exercise regularly and take care of my health.
2. I help others at times, but I can say no when my plans or needs warrant it.
3. When something good happens to me, I am happy to share the news with others.
4. I have high standards for my performance, but I can accept being "good enough."

esponding to most statements as generally ue (GT) indicates that you value your own ppiness and behave generously toward oth- s. Fewer than nine GT responses indicates at you like who you are but may at times andon your own needs. A total of less than positive responses reveals that you have a w opinion of yourself and put everyone else's

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Make it Merry

The weather outside may be awful, but inside all is delightful when friends and family get together. Entertaining is easy and fun with festive foods like these.



WARM AND TANGY VEGETABLE SALAD

- 1 can (16 oz.) DEL MONTE Blue Lake Cut Green Beans
- 1/2 cup MIRACLE WHIP Salad Dressing
- 1 tablespoon cider vinegar
- 1 tablespoon Dijon mustard
- 4 slices bacon, cut into 1/2 inch slices
- 1 can (16 oz.) DEL MONTE Whole New Potatoes, drained and sliced
- Freshly ground pepper to taste

Drain green beans reserving 2 tablespoons liquid. Combine reserved liquid, salad dressing, vinegar and mustard.

In skillet, cook bacon until crisp; remove from pan. Add potatoes and pepper. Cook, stirring occasionally, until potatoes are golden.

Add green beans and bacon to skillet. Stir in dressing; heat thoroughly. Serves 4 to 6.

ASPARAGUS SHRIMP SALAD

- 1/2 cup MIRACLE WHIP Salad Dressing
- 1/4 lb. cooked tiny shrimp
- 1/2 cup diced cucumber
- 1/2 cup pitted CALIFORNIA RIPE OLIVES, sliced
- 1/4 cup sliced green onions
- 1/4 cup diced red pepper
- 1/4 teaspoon dill weed, crushed
- Freshly ground pepper to taste
- 1 can (15 oz.) DEL MONTE Extra Long Tender Gree Asparagus Spears, drained
- Lemon wedges

Combine first eight ingredients. Arrange asparagus on serving plate; spoon shrimp salad over asparagus. Garnish with lemon wedges. Serve chilled. Serves 4.

STRONGER PERSON
continued

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7. I see mistakes as opportunities to learn.
8. I look at people when speaking to them.
9. I really listen to people when they speak to me.
0. I can ask for what I want.
. I exercise regularly and take care of my health.
. I help others at times, but I can say no when my plans or needs warrant it.
. When something good happens to me, I am happy to share the news with others.
. I have high standards for my performance, but I can accept being "good enough."

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UTTY WILD RICE ASSEROLE

- package (6 oz.) long grain and wild rice mix
- oz. bulk pork sausage
- cup chopped onion
- cup sliced celery
- can(16 oz.) DEL MONTE Spinach, drained
- cup pitted CALIFORNIA RIPE OLIVES, sliced
- cup MIRACLE WHIP Salad Dressing
- teaspoon ground sage
- cup chopped pecans

Prepare rice mix according to package directions omitting butter. Cook sausage, onion and celery until lightly browned. Drain. Stir sausage mixture and remaining ingredients except pecans into rice.

Spoon into a 1½ quart casserole. Sprinkle with pecans. Bake in preheated 350°F oven 30 minutes. Serves 4 to 6.



Del Monte® canned vegetables are the key ingredients to quick and easy dishes.



ARTICHOKE AND OLIVE DIP

- 1 can (14 oz.) artichoke hearts, drained and chopped
- 1 cup MIRACLE WHIP Salad Dressing
- 1 cup (4 oz.) grated Parmesan cheese
- ½ cup pitted CALIFORNIA RIPE OLIVES, chopped
- 1 garlic clove, minced
- 2 tablespoons chopped tomato

Crackers or party rye bread slices

Combine artichokes, salad dressing, cheese, ¼ cup olives and garlic. Spread in 9-inch pie plate. Sprinkle with remaining olives and tomato.

Bake in preheated 350°F oven 20 minutes or until lightly browned.

Serve with crackers or party rye bread slices. Makes 2 cups.

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STRONGER PERSON
continued

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ART II
PERSONAL ACTION PLAN
R EVERY DAY OF THE WEEK

e task of improving the way you feel out yourself can seem overwhelming, t it need not be. The following exercises e designed to help you move forward, e day at a time.

Y 1 Listen to yourself

talk to ourselves *about* ourselves all the time, n though we may not realize it. In addition, ssages from the important people in our child- d often become internalized: "You'll never be smart as your brother!" "You're too fat!" u're not good enough." In time, these nega- phrases can become self-fulfilling. You may, example, have a wonderful opportunity at k, yet hold yourself back, believing you don't erve it.

RCISE *Listen to your inner voice and jot n each negative thought you have about rself during the course of the day. (Exam- "I'll probably fall flat on my face at my sentation next week.") Listen for every "I 't . . ." "I'm not good enough . . ." "If I didn't . . ." and write them down.*



DAY 2 Turn negatives into positives

Once you know what kinds of things you're saying to yourself, you can begin to make changes. At an assertiveness workshop for women at a YWCA branch in New York City, the leader, Mavis Sutton, asks the class to write down every hurtful message they can remember being given. Then she teaches them to turn those negative thoughts into affirmations. These examples, provided by class members, should help you on your way to positive thinking.

Negative messages	*Changed into positives*
"Better safe than sorry."	"I can take risks."
"Don't aim too high."	"I can survive failure."
"Don't expect too much."	"I have a right to dream."
"Don't be such a bookworm; men won't like you."	"I value my intellect."
"You'd look so much better if you'd lose some weight."	"I like myself the way I am."

EXERCISE *Go over your list of negative self-talk, and turn each message around. With affirmations you can move from "I can't" to "Of course I can!" This isn't always easy, but if you really work at it, you can put an end to your negative thinking.*

DAY 3 Acknowledge your qualities

Mister Rogers had it right all along. You *are* special. But can you list ten examples of what makes you so terrific? How about five? Many women are hard-pressed to come up with even one.

EXERCISE *Write five sentences, each beginning with "I like myself for being . . ." Does the word "trustworthy" fit? How about "caring"? Do you like yourself for being humorous? Athletic? Sexy? Successful? If you get five sentences completed, try for ten. (This is not a simple exercise. Many women tend to add qualifiers: "I like myself for being a good cook, but I don't entertain as often or as elegantly as I should.")*

Another way to do this exercise is with a partner: Face each other, look her in the eyes and say, "How are you terrific?" She responds by saying, "I'm terrific because . . ." and fills in as many attributes as she can think of. After three or four minutes of this, she asks you the same question. When you have finished, write down some of your special qualities and spend a few minutes each day reviewing them.

DAY 4 Change your behavior

This exercise is suggested by Jack Canfield, who led the workshop mentioned in the preceding article. "Everybody has parts of herself that she rejects," he says. "It could be the part of you that talks too much at a party. So you come home and upbraid yourself."

(continued)

STRONGER PERSON
continued

EXERCISE *Write down the things about yourself that you'd like to change, then work on altering them. For instance, if you feel that you don't offer your opinions even when you're knowledgeable about a subject, make a conscious effort to talk more and stand up for your position.*

Many women with low self-esteem try to deny certain positive traits they have. For instance, perhaps they were always told that smart women intimidate men or that it's "bad" to be sexy. Consequently, these women may have rejected their intellect or their sensuality. Fortunately, says Canfield, you can learn to like these qualities in yourself; the first step is to admit you have them and then resolve to express them.

DAY 5 Love yourself

This exercise concentrates on the way you feel about your body—the great destroyer of self-esteem for many women. Judith Ruskay Rabinor, Ph.D., a psychologist at Holliswood Hospital, in Queens, New York, who specializes in helping people with eating disorders, asks women in her workshops to do the following: "Close your eyes and imagine yourself as a baby. Check out your body, your tiny fingers down to their perfect fingernails; count your toes. What are you feeling?"

As you recall the body of the baby you once were, chances are that you are feeling a sense of wonder. It's likely that in the intervening years, you've lost that sense. Remind yourself that there are wonderful qualities in your adult body, too.

EXERCISE *Try to focus on all the things you like about your body today. Tell yourself, "I have a choice. Would I rather focus on the pimple on my chin or the excitement I felt after running a mile or swimming the length of a pool?" Instead of thinking about what's wrong with you, flip the focus. Notice all the things that are right about you—your strengths, your health. Then, if you do want to make some changes—say, lose five pounds—you'll be more successful by respecting and encouraging yourself than by rejecting yourself.*

DAY 6 Act like a winner

At day's end, do you find it easier to list the tasks you failed to complete than to give yourself credit for the many things you *did* accomplish? We often take our achievements for granted and punish ourselves for failings both real and imagined. Louise Hart invites participants in her workshop to look for the "wins" they experience during the course of the day. She also suggests that we expand our definition of winning. "Every success, achievement, accomplishment, every task crossed off your list is a win. You are a winner!"

EXERCISE *Start looking for the wins in your lif Every night before bedtime, think of ten thin achieved during the day. Not only will y feel better about yourself, these positive me sages will help you enjoy a more restful sleep.*

DAY 7 Forgive and forget

Go back to Day 1 and review the negative stat ments that you identified. Who said those things you? Whose voices do you hear? It's time confront both the messages that caused you p and the messengers (living or dead); it's a important to try to understand *why* they may ha acted as they did. When you deny the anguis anger or fear that was inspired by their words actions, or hang on to the resentment, they ret their power to hurt you. It's time to let the hurt g

EXERCISE *Write a letter, with no intention sending it, to the person who has injured y mentioning the transgression and explain how it made you feel. Then tell the person t you forgive him or her. Forgiveness does mean approval; it means that you've chosen put the negative feelings behind you. Move*

Louise Hart's book, "The Winning Family: Increasing Self-Esteem in Your Children and Yourself (Lifeskills Press, 1990), is available in bookstores around the country or from Lifeskills Press, Publishers Services, P.O. Box 2510, Novato, 94948 ($12.50 postpaid).



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HOW TO BOOST YOUR CHILD'S SELF-ESTEEM

Can your child look in the mirror and say, "I feel good about being me"? Here, twelve steps that parents can take to make sure the answer is yes, plus a guide to the stages of self-esteem.

By Lawrence Balter, Ph.D.



"I'm so ugly," says Jennifer, twelve. "My hair is definitely the ugliest of all my friends'."

"I don't want to go to Robert's party," says Peter, six. "Nobody likes me anyway."

While everyone feels down about herself from time to time, frequent remarks such as these should serve as a red flag to parents: Your child might be suffering from low self-esteem.

Is self-esteem the same for children as for adults? Basically, yes: A child's sense of self, like an adult's, comes from being loved and feeling competent. With high self-esteem, a child has a powerful tool that can help him feel capable, worthwhile and deserving, even in the face of frustration, rejection and pressure by peers.

Since nobody can influence a child's self-esteem as much as a parent can, we've outlined some of the key steps you can take to instill a healthy dose of self-esteem—no matter how old your kids are.

1. Tell your children clearly, unequivocally and often that you accept them as valuable members of the family. There's no need to be subtle: "I'm really happy you're a part of this family" gets the point across very well. Children must be confident that they occupy a significant and secure position in the family hierarchy.

2. Recognize the unique personality traits, talents and abilities that each child possesses. This is probably one of the most important elements in promoting self-esteem. No two people are exactly alike, so be careful not to make unfavorable comparisons to a child's siblings or peers.

3. Make it clear that you expect the best your child can give. Having high but realistic standards means challenging her to the best of her abilities. Of course, your standards must take into account age and skills: You wouldn't demand that a toddler dress herself before leaving for the day-care center, but you would expect a third grader to complete his homework before playing Nintendo.

It's essential for kids to know exactly what is expected of them; otherwise, they'll feel they can get away with anything or, conversely, that nothing they do is good enough.

4. Be honest—emotionally and intellectually. Kids deserve proper answers to questions, even though an explanation might be difficult or painful for the parents to give. Above all, children need to know that their *(continued)*

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CHILD'S SELF-ESTEEM
continued

perception of the world is accurate. If your daughter asks, "Why don't you like Daddy?" and you insist that everything is just fine, when clearly you and your husband are fighting, she will either learn to doubt her own observations or feel guilty for doubting you. It's far better to admit, "It's not that I don't like Daddy, but we're having a disagreement right now, and we're trying to work it out." Reassuring her that she's not in any way to blame is important, too, since children often tend to absorb responsibility for their parents' troubles.

Similarly, many parents try to shield children from life's tragedies by telling untruths. Saying to a child, "Aunt Margaret is away on a trip," when, in fact, she is very ill or has died, is ultimately a disservice to your child, who must learn from you how to deal with sadness and loss. So, too, is the attempt to avoid an answer to a question on a topic that makes you feel uncomfortable. If your five-year-old asks you in a public place how babies are made and you're too surprised and embarrassed to answer, you can say, "That's a tough one to answer right now. I need a little time to figure out the best way to explain it to you." Once you've regained your composure, find an appropriate setting to give a true and complete answer.

5. Help your child accurately identify his own feelings. To do so, you have to accept a host of emotions—including anger, resentment and envy—that are usually categorized as negative. For instance, if an older child is furious that his younger sister is taking up so much of your time and attention, acknowledge those feelings. By saying, "I know you're mad because I'm taking Amanda with us to your play group, but the baby-sitter didn't show up, so I have no other choice," you not only validate his feelings but also help him to identify what's bothering him. On the other hand, if you say, "Oh, you're such a good big brother, you won't mind if we spend the afternoon with Amanda," he may, in time, deny his feelings and come to depend too much on other people's opinions, believing that he has no mind of his own.

6. Let your children make their own decisions so they can see that you have confidence in them. While you certainly can't abdicate responsibility when it comes to health or safety issues, parents often make choices in routine matters that kids really can determine for themselves. For toddlers, of course, the choices will be ones you have se up—they can decide if they want juic or milk for lunch or whether to wea the red or the blue overalls. But olde children should be permitted to decid how they want to spend their allow ances (within agreed-upon guideline or what gift to buy for Dad's birthday Practice in decision-making enhance self-confidence, a prerequisite for hig self-esteem.

7. Encourage your kids to take on re sponsibilities in line with their capa bilities. By doing this, you show ther that you trust them and can depend o them. But for responsibility to serve a a boost to self-esteem, it should be joint decision. Be sure that assigne tasks are viewed as important, no simply menial jobs you would rathe not do. Consider a child's preferenc One may choose to brush the dog whi another may hate doing that but enjo feeding the fish. Encourage them t negotiate: Michelle takes out the ga bage tonight while Matthew walks th dog; tomorrow they switch.

8. Let your child know you appreciat her efforts. Without recognition an praise, morale suffers. For small chi dren, a hug and a smile convey you feelings. To an older child you can sa "Thanks. That was really helpful. couldn't have done it without you."

Be generous with praise, but l specific and sensible, too. It's better say, "That took a lot of patience an care," or "The colors are really bright than "That is really great." If yo praise is cheap, your statements m be taken as insincere and will contri ute nothing to your child's self-estee In fact, too much unearned adorati can promote an unhealthy egotism an the idea that anything the child toss off is praiseworthy.

9. Help your child develop persev ance by demonstrating how you gra ple with problems. Do you rally in t face of adversity or slump in despa Most small children believe th achievement comes with ease. Th see a professional ball player or virtu so musician and are unmindful of t years of practice it took to devel those skills. If they then undertak new task and become frustrated, th initial impulse may be to quit a avoid failure. It's essential for self-teem that children learn to overco obstacles and to appreciate the lo hours of work and discipline of needed to reach a level of mastery.

As your child begins to experie success, it will serve to bolster her lief in herself. And it is that belie not the success, per se—that will l

a lasting sense of self-esteem.

). Begin gradually to train your ild for independence. One of the ost crucial psychological skills for lf-reliance is the ability of a child to ork and play by herself. Small babies ould be permitted brief periods of ne alone to contemplate their toes d fingers, their mobiles and rattles. increments, young children can be couraged to spend time alone on ojects. This is not something that mes easily to many children, but adually your child will require less your involvement. In time, introce her to interesting activities and bbies. Arts and crafts, science and ture projects, stamp and coin collectg, building models, reading and acticing musical instruments all enurage a child to become independnt. The value of being able to perm solitary tasks cannot be overemasized: If a child is to withstand the fluence of her peers, she must not ar being alone.

. Set standards and discipline your ildren—with moderation and empay. That means being tolerant of miskes as well as tailoring your punishent to fit the crime. It's often unnecsary to punish a child for a first ofnse; merely being caught can be sufficient. You might say, "If this happens again, it will be necessary for me to suspend some of your privileges." Try not to overreact and punish too harshly: If a youngster feels that there's no hope of being forgiven or doing better, she'll not only feel hopeless but may come to see herself as bad and undeserving.

12. Encourage your child to help others. To nurture altruism in small children, start by making simple personal requests: "Will you please help me with this? I can't do it alone." Watch your preschooler's face beam with pride when she's told she's a terrific helper. Similarly, demonstrate concern for others by saying, "Let's knock on Mr. Hirsch's door and ask if there's anything he needs from the supermarket." At first, your child can accompany you on such errands, but by the time she's eleven or twelve and can travel on her own, a couple of hours of volunteer work should be built into her weekly routine. Charitable activities will bring a sense of satisfaction and offer an escape from selfishness—and feeling useful is essential for high self-esteem. ■

Lawrence Balter, Ph.D., is a practicing psychologist in New York City and a contributing editor of LHJ.

THE STAGES OF SELF-ESTEEM

verbal and nonverbal messages children get from their parents and caregivers form the leus of their sense of self. But since children's needs and capabilities change, you must tinuously shift your expectations to nurture self-esteem.

)DLERS (one and a half to three years): Kids at this age are struggling to achieve physical wess and establish an identity separate from their parents. They can be stubborn and ative, and they like to constantly repeat tasks. They're asking themselves, "How will I w I'm me?" One way: "I'll say 'no' when you say 'yes.'" Don't crush a toddler's efforts distinguish himself, even though they can be infuriating. Be patient, use humor and raction, and show appreciation of your child's abilities.

SCHOOLERS (three to four years): Three- to four-year-olds are trying to take the ative, and they learn by imitating your actions and words. Preschoolers act bossy because 't's what they think we do to them. Exhibitionistic, they want to show you what they can By being an appreciative audience, you reflect their accomplishments back to them. erate their bossiness so they feel they have an impact on others.

OOL AGE (five to twelve years): Kids this age are involved in developing academic skills acquiring the basic rules of social interaction. Cooperation and competition are ortant aspects of their lives. Parents must help school-age kids focus on their goals and vide the fundamentals to ensure success, since competency bolsters self-esteem.

TEENS AND ADOLESCENTS (twelve to nineteen): At this age, kids are involved in intense sonal relationships outside the immediate family. They can be painfully self-conscious and otionally erratic; breaking away from familiar ties and pondering their future can rwhelm them. Teens need willpower to avoid danger, and high self-esteem helps them nake wise choices and stick to their own standards in the face of peer pressure. Parents t be especially attuned to teens' inconsistent needs, offer support and guidance and, at same time, be able to impose appropriate expectations. —L.B.

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PERSONAL JOURNAL

REACHING FOR THEIR DREAMS Meet the three enterprising winners of the Maybelline/LHJ Lifetime Makeover contest

When we announced our contest last April, we asked women to tell us about a personal goal they hoped to attain. We were delighted with the response—over four thousand entries in all. But mostly we were inspired by the variety of ambitions women described to us. Many wanted to start a business, using a special talent such as painting, catering, photography or writing; some wanted to go back to school to obtain a long-sought degree; others dreamed of helping the needy. In fact, there were so many wonderful entries that judging was a very difficult task. After the LHJ editors read through every essay (it took more than a month), Pepper Schwartz, Ph.D., professor of sociology at the University of Washington, flew in from Seattle to help us select the winners—the three women whose goals, personal drive and determination were the most outstanding. Read their remarkable stories of creativity, commitment and caring.



FIRST-PRIZE WINNER
Emily J.G. Vermillion always dreamed of making her living as an artist. Today, by combining her creative talent and business skills, she's well on her way to achieving her goal

A PASSION FOR PAINTING

From the time she was four years old, Emily Vermillion wanted to be an artist. "I used to draw in the blank pages of my books," she recalls. "I didn't understand *why* the pages at the end of chapters were blank, so I filled them with pictures."

Today Emily, forty-one, of Iowa City, Iowa, is realizing that childhood goal. A professional artist who works with watercolors, acrylics, oils and pencil, she creates everything from traditional portraits to pictures of animals and landscapes with three-dimensional elements. "My mind is full of ideas," she says, "and I pick out the one that I think will be the most fun to paint."

But it's tough to make a living as an artist—and Emily, a single mom with a twelve-year-old son, needs to market her paintings to as many people as possible. Now, with the $25,000 Lifetime Makeover award, she'll be able to do just that.

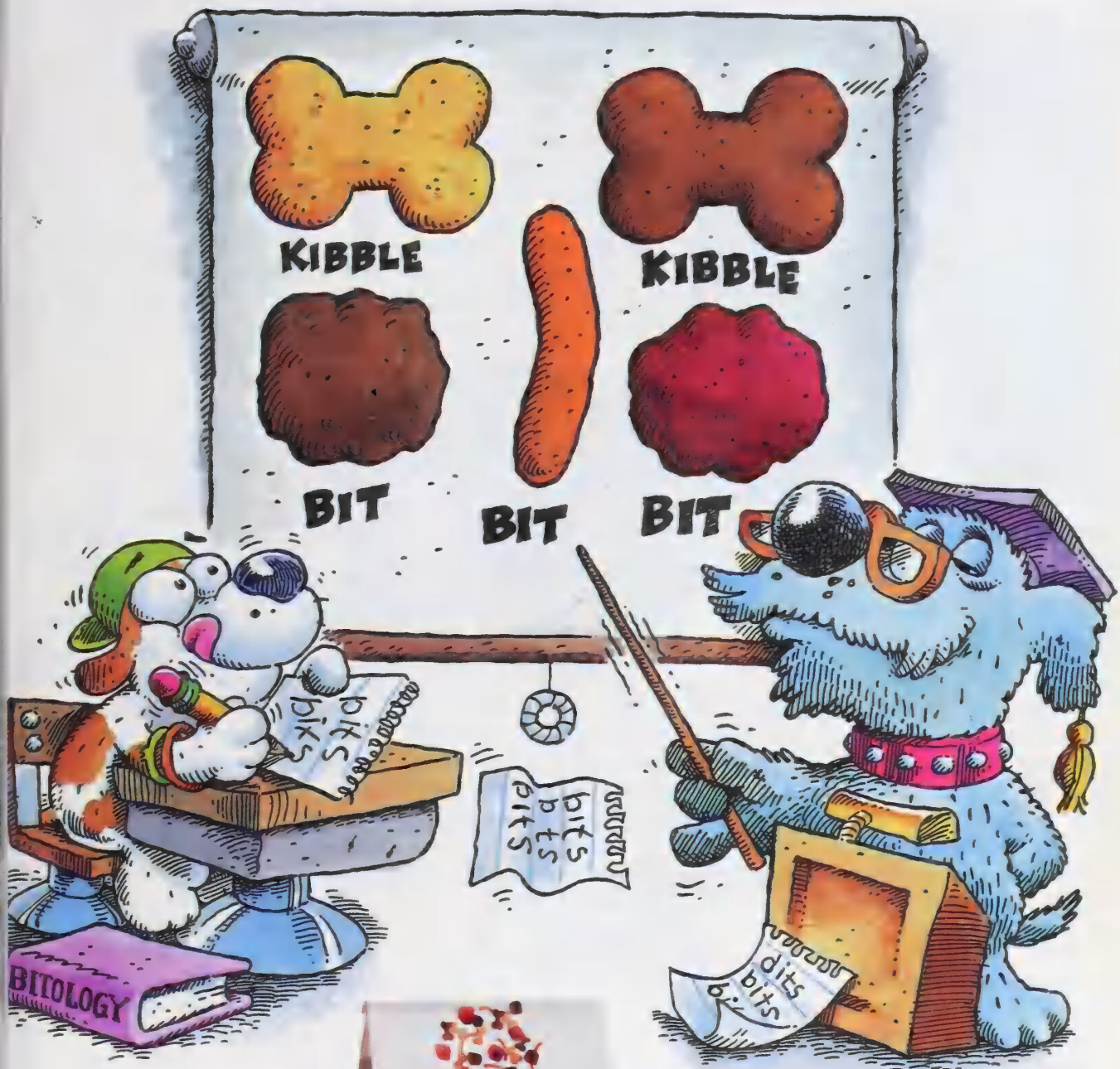


Since childhood, Emily has honed her talent with endless hours at the easel. At the University of Iowa, she majored in art and art education.

To "put the bread and butter on the table," she's done everything from free-lance design work to teaching art at schools across Iowa. She used the little extra time she had to paint and draw.

Emily's artwork began to attract attention about six years ago. Several local hospitals and *(continued)*

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SECOND-PRIZE WINNER Lela Eldridge Denson beat great odds to get a college degree. Now she's going for an MBA

Winning the Lifetime Makeover contest will give Emily the chance to distribute her art nationally. She'll use the prize money to upgrade her marketing efforts, to make more prints, and to install better lighting, storage shelves and work space in her basement studio. The award will also free her to spend more time painting and drawing.

What's her advice for other women who dream of starting their own business? "First you need to believe in yourself and your ideas," she says. "Then you have to visualize yourself in a position of success. Finally, you just have to do it."

(continued) libraries commissioned her to do paintings and murals, and she did a number of private portraits as well.

Still, Emily dreamed of reaching a wider audience. That's when she came up with a savvy new plan: She would market limited-edition prints of her most popular paintings.

She decided to test her idea with a painting that had received rave reviews—a folk-art depiction of farming in Iowa. She took the picture to a printer, scraping together nearly $2,000 for a batch of five hundred prints. Within two months, every print was gone. "I was so proud," says Emily. "I thought, Hey, this really worked!"

Encouraged, she approached galleries to ask if they would sell prints of some of her other work. Sixteen agreed. But to make a profit, she knew she would need to break out of the local market.

The way she feels about her work is the secret to her own success. "I love what I do," says Emily. "No aim is too high as long as you have a passion for it."

THE LONG ROAD TO LEARNING

Thirty-nine-year-old Lela Denson has conquered obstacles that would daunt most women. Raised in the crime-ridden Cabrini-Green projects of Chicago—where dreams are not easy to come by—Lela, an excellent math student, had wanted to be a mathematics professor as long as she could remember. "Teaching is such a noble profession, and I felt I had a gift for conveying knowledge," she says. "Teaching college seemed like the epitome of the profession."

However, her pregnancy at age sixteen brought those hopes to an end. Lela left high school, then married her boyfriend two months after their son Maurice was born.

By seventeen, she was a mother of two. She endured abuse from her husband for four years before finding the strength to leave him. "Some women don't see a way out of an abusive relationship," she says, "but you have to leave. It doesn't get any better."

Determined not to become "another unwed-mother statistic or a name on the welfare rolls," Lela got a job as a teller for Illinois Bell in 1971. Not long after, she met and married her second husband, Denny—whom she calls "my Rock of Gibraltar"—and began to think again about pursuing her goal.

After two years of study, she received an associate degree from a local community college. In 1977, Lela was accepted at Chicago's Illinois Institute of Technology—but had to get her high school equivalency diploma as well. (The community college had never asked her for proof of her high school graduation.)

It was slow going, but Lela's perseverance won out, and she received her B.S. in management and accounting three years later—with honors. In 1981, she easily passed her CPA exam and took a job at a major accounting firm.

Still, the desire to teach never left her, and when the family moved to Nashville in 1987, Lela found a position as an accounting teacher at a small junior college.

She now teaches accounting at Volunteer State Community College, in Gallatin, while working on her MBA at Tennessee State University. Combining school, work and family isn't much easier for Lela than it was sixteen years ago. As she explained in her contest essay, "My greatest desire is to take a year or two off from work to complete my MBA and begin working toward my doctorate *(continued)*

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KIDS' HEALTH *IS* A LAUGHING MATTER





THIRD-PRIZE WINNER Maria Broderick is a clown with a Harvard education. She plans to start a hospital "clown care" program to entertain sick kids

For Maria Broderick, thirty, clowning around is serious business. A professional clown turned doctoral student in psychology at Harvard, she dreams of bringing together all her various interests. "The best kind of work unites a person's diverse passions and dedicates her to a life of service," she says. She has been awarded $5,000 to help her start a "clown care" program that would send performers into the pediatric wards of Boston hospitals.

The Harvard clown has come a long way. She studied anthropology in college, but became interested in healing after her father became seriously ill with emphysema and died when she was a junior. "I was also active in children's theater, and discovered that the joy released through performing can bring energy to kids who are suffering." She decided to get further theatrical training after college.

She was accepted into the prestigious Ringling Bros. Clown College in Florida, where she completed courses in such antic disciplines as stilt walking, juggling, clown makeup and—yes—water spitting.

Diploma in hand, she landed a job at the Big Apple Circus in New York City, clowning at promos and arranging for hospitalized or handicapped kids to see the show. In 1984, Maria met her husband, Grant Phillips, at Big Apple. He decided to become an architect, and Maria finally determined that she wanted to work with critically ill patients. The couple married and settled in Boston, and she entered graduate school to pursue a degree in health psychology. She is now completing her thesis, a study of ways to help cancer patients cope with their grueling treatments through the use of humor and support groups. She also plans to teach at the college level.

But Maria wanted to continue her work with children, and she nurtured a secret dream of a clown care unit. Besides performing, the clowns would spend time with kids individually.

She'll use her contest winnings to set up the project and for such expenses as makeup, props and transportation. "Once you get some funding, it legitimizes you and makes it easier to get other people to donate money and time," she says. She has developed an organized plan for making her group self-sustaining, and she even has a name picked out: Healing Arts in Hospitals Associates (acronym: HAHA, of course).

Her advice for women who would like to start a similar service project: Do lots of research, make lists and be persistent.

Maria is one of our busiest contest entrants: She's also a new mother. In fact, she gave birth to her son, Benjamin, soon after finishing her entry, just before the deadline. How does she do it all? "I learned fairly young that you don't know how much time you have in life. I choose to do things that are fulfilling. I believe that the important things I want I can do." ■

(continued) in accounting. I've decided to do it in 1991-92, come hell or high water!" The $10,000 second prize will help Lela accomplish her goal. With her doctorate, she hopes to become the dean of a college business school, and finally, a university president.

Her advice for women returning to school? "You have to have persistence, and you must be willing to make sacrifices. It helps if you have support along the way."

Reflecting on her past, Lela says proudly, "It's been a long, uphill battle since my childhood in Cabrini-Green, but it's certainly been worth it." She realizes, however, that many women aren't as lucky as she was, so her final goal is to counsel teenage mothers: "I want to show them that they *can* pull themselves out."

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⅓ cup sugar • 2 tablespoons milk
¼ teaspoon peppermint extract
3½ cups (8 oz.) COOL WHIP® Whipped Topping, thawed
6-10 drops green food coloring
Red hot cinnamon candies and spearmint leaves

- **MIX** cookies and hot water. Spoon into crust and gently spread to cover bottom.
- **BEAT** cream cheese until smooth; gradually beat in sugar, milk and peppermint extract. Fold in whipped topping. Divide mixture in half; stir food coloring into one half until evenly colored.
- **FILL** pie crust with alternate dollops of white and green whipped topping mixtures. Smooth top of pie with spatula.
- **CHILL** 3 hours. Make berries and holly leaves using cinnamon candies and spearmint leaves.





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WHAT MAKES A WOMAN SEXY?

Is it her breasts, her lips, her legs—or something far more mysterious and subtle? To find out, we went to the real authorities on the subject—men—and they told us just what it is that truly turns them on.

By Sherry Suib Cohen

The ability to captivate the man she wants is important to every woman. Once upon a time, it was the only true power women had; but fortunately, in this age of female CEOs, mayors and millionaires, that's no longer the case. Nonetheless, the power of allure remains significant, for everything from a woman's own happiness to the continuation of the human race.

But just what is it that makes a woman sexy? Physical attractiveness obviously plays an important part, yet it's far from being the only thing—or even the number-one quality—that entrances a man. Last summer, for instance, millions of men were enchanted by Julia Roberts, star of the movie *Pretty Woman*. But with her snub nose and wide mouth, Roberts is hardly a classic beauty; it's her humor and intelligence that entice (though her long legs do help). And think of all the couples who make you wonder, What does he see in *her*? For example, four years ago New York social circles were delightedly scandalized when Mercedes Kellogg—a squeaky brunet who's been cattily characterized as a Minnie Mouse lookalike and sniped at as a "used Mercedes"—attracted billionaire Sid Bass away from his pretty wife and married him.



The woman with sex appeal has learned one very basic secret: If you feel attractive, you *are* attractive

Even men themselves have trouble defining sex appeal. "It's an utter mystery," says Phillip Levy, a forty-three-year-old attorney in Huntington Beach, California. "It has to do with straight-on, low-visceral vibes," says Len Greenhalgh, forty-five, a professor of management at Dartmouth College, in Hanover, New Hampshire. "It's the closest thing to extrasensory perception there is," adds Mark Jurkowitz, thirty-six, an editor in Boston.

Despite all the vagueness, there *are* some qualities that alluring women appear to have in common. To discover what they are, we asked the experts: psychologists, social historians—and just plain men.

Skin deep

The woman with sex appeal knows a basic secret: If you feel attractive, you *are* attractive. "Looking well groomed and fit is part of what communicates sensuality, kind of like a high-pitched radar signal," says Maggie Scarf, author of *Intimate Partners* (Ballantine Books, 1988).

But sexy women aren't always born with good looks or natural style—usually they work at it. They have learned to play up their best feature, *(continued on page 121)*



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SEXY WOMAN
continued from page 116

hether it's their hair, eyes or figure—fact appreciated by men. "There was woman in my life who was irresistle," says Len Greenhalgh. "Her legs ere her best feature, and she'd disay them to their best advantage."

What other features do men find attractive? The answers are as different the men themselves. "Great eyes d sensual lips," says Jimmy Lawnce, a thirty-seven-year-old attorney Washington, D.C. "A healthy look d thick, long hair," says Pat Nichols, irty-four, a psychologist in Wisconn. "A dark, Middle-Eastern look, beuse exoticness really gets to me," ys Don Connor, a forty-two-year-old tist in Columbia, Missouri.

To many men, say the experts, these ysical qualities seem to mirror an notional characteristic, such as innonce or self-confidence. And "that is ormously seductive," says Shirley ssman, Ed.D., a sex therapist in w York City.

e art of caring

ually enticing is the level of interest e sexy woman shows toward the obt of her desire, whether she's known n for two weeks or been married to n for twenty-five years. "We all rend to someone who makes us feel ecial," says Pepper Schwartz, Ph.D., ociology professor at the University Washington, in Seattle, and author of forthcoming *A More Perfect Union: rtnership Marriages*. "There's nothg sexier than someone who looks at u as if she sees *you*. It's very selftifying: Here is this neat person d she loves *me*; I must be worthy."

Many men say that the thing that kes them feel really nurtured is en a woman pays strict attention to m and them alone. "Having a womlisten as if I were interesting, love and sexy—well, it's intoxicating," s Howard Schwartz, forty-eight, a fessor of organizational behavior at kland University, in Rochester, chigan. "It tells me that I'm somey."

When a man risks being vulnerable sharing his intimate feelings and woman reaches out to him, he can't p but be disarmed. But an alluring nan "is not passive—she's an *active* ener," says Maggie Scarf. "She rends to him with body language, iigence and touch."

Even after years of marriage, a setive woman never stops letting her band know she cares and that he's cial. "The sexiest woman I know is wife," says Dick Olsen, sixty-three, irman of the property-tax appeal board in Lake Oswego, Oregon. She's very caring. If I have a headache, she rubs my head for me and she cooks what I like to eat. I was on a quiz show once and I came in second. My granddaughter said to her mom, 'Grandma should have told them that Grandpa is a little bit deaf.' Her mother said, 'You mean because Grandma takes care of Grandpa the way Mommy takes care of Daddy?' And my granddaughter said, 'No, Grandma *really* takes care of Grandpa!' "

Self-assured = sexy

But caring for a man doesn't mean that you have to subordinate your interests to his. A sexy woman is usually self-confident as well. She feels good about who she is—a quality men sense immediately. Ed Beroset, a twenty-eight-year-old computer programmer from North Carolina, remembers being at a party when "a woman walked in and I noticed her right away. She was wearing jeans and an old baggy shirt, but she said hello to the people she knew and introduced herself to the people she didn't know. Her confidence was arresting.

"Funny thing," he says, "her hair was all wild—she'd been driving in a convertible—but she made no apologies at all. That *certainty* of self—it was exciting. I never saw her again, but I keep looking for her."

The self-confident woman seems to hold an aura of mystery for many men—possibly because she makes them feel that there's a part of her they can never quite figure out. John Callan, twenty-nine, a newspaper editor from Los Angeles, tells of a rather mysterious woman he admired from afar. "I was at the garage, getting my car fixed. She was wearing sweats and she was far from a world beauty, but I'd have to describe her as kind of pretty. She had one of those datebooks and she was looking through it and kind of humming to herself. She was so much, well, *herself*, it was mesmerizing."

"For some men, there's a challenge in the unknown," says Shirley Zussman. "A self-confident woman who is a bit of an enigma may represent a union on not only a sexual level but also a spiritual and psychological level, and that can be exhilarating." For a man can project all his feelings—both erotic and poetic—onto her.

Lightening up

In surveys where men are polled about what makes a woman attractive (*besides* her looks), a sense of humor is one of the top answers. She has to be "funny, smart, kooky," says Todd Porterfield, thirty, an art historian in Boston. That's why I like Jane Pauley—she's kind of a witty, corn-fed Catherine Deneuve." *(continued)*

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SEXY WOMAN
continued

A sense of humor conveys more than irth; it also signals energy and enusiasm. "Most men, being competive, are themselves empowered when ey meet an energetic woman," says epper Schwartz. " 'Gee, I like the way feel when I'm with her' is the unspoen feeling."

Why do men find enthusiasm and mor so seductive? "Life is serious," ys Shirley Zussman. "We have to ork, pay mortgages, think hard. A oman who exhibits a sense of fun lows a man to release that childlike ality we each have buried deep wn. When a man meets a woman th fun written in her eyes, it's a omise of delight."

t home in bed

st—but *very* far from least—the nuinely seductive woman is *interest*- in sex, and she's not afraid to show Sometimes she does this by flirting by wearing provocative clothing; at ner times, her amorousness is someing very private, just between her d the man she loves. She enjoys his dy, and she feels good about her own well. She exudes sensuality—someing no man can resist.

The sensual woman shows her pason in a variety of ways. David haumberger, twenty-three, a New rk City stockbroker, met a woman o captivated him because she ayed softly with her very nice blond ir . . . She wouldn't do it a lot, but ough so it was noticeable." And Tim gan, twenty-nine, a graduate film dent at Boston University, remems a woman whose lustiness was realed over the dinner table. "I took t a girl who ordered a big platter of s on our first date," he says. "It was arious and daring."

The woman who is a lot more daring er dinner can be the sexiest of all. e woman who is playful about her uality, who relishes her libido and great things her body can do, is mensely seductive," says Sheila kman, Ph.D., director of the divin of human sexuality at Albert Ein- in College of Medicine in the Bronx, w York. "Face-to-face with an atctive man—even if she's been mard to him for twenty years—she es off certain sensual vibes. It's unstakable, and it's immensely flatter- to him. The importance she gives seasons her whole persona. She's prissy about making love."

Every man secretly yearns for a man like this—who at least somees fully gives herself over to her sensuality, who is able to talk about sex, be experimental and fulfill his desires as she is fulfilling her own.

Obviously, then, being sexy means both being true to yourself and making the most of who you are. "What makes women attractive to men is the same group of characteristics that make people appealing to other people," says Maggie Scarf. "It's that sense of flowing toward the other person—each making the other feel irresistible." ■

Sherry Suib Cohen writes frequently about relationships.

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WHAT MAKES A WOMAN IRRESISTIBLE?

We asked a variety of celebrities, from the authors of torrid tomes to TV's leading men.

TONY DANZA, star of *Who's the Boss?*: "In the beginning, it's probably the challenge. When you have to try harder, the lady does become more desirable."

JUDITH KRANTZ, best-selling author of such books as *I'll Take Manhattan* and the forthcoming *Dazzle*: "I'm convinced that it's energy and humor. The two of them combined equal charm. The most gorgeous girl can be sitting in the corner without any pep, and people don't pay any attention after the first look."

IRVING "SWIFTY" LAZAR, mega-agent to such authors as Larry McMurtry, Joan Collins and Kirk Douglas: "A brainy woman—who's pretty and has a lot of money."

BOB MACKIE, designer for celebrities: "If she's just a bit unpredictable and confident in her position in life and her body. You can be the most gorgeous, beautiful kind of Hollywood beauty, but if you're not interesting or don't have any surprises, you're not irresistible."

BERT PARKS, a guest host of this year's Miss America Pageant: "She must be beautiful. She must have a great personality, and she must be *totally* interested in me."

FRANCESCO SCAVULLO, celebrated fashion photographer: "A woman with an up and positive personality, and an intelligent and healthy look."

JACKIE COLLINS, author of *Hollywood Wives* and the newly released *Lady Boss*: "A great body. But kindness and intelligence are more important. The body doesn't last."

BOB SAGET, host of *America's Funniest Home Videos*: "A woman with a comprehensive medical and dental plan!" —JOANNE KAUFMAN



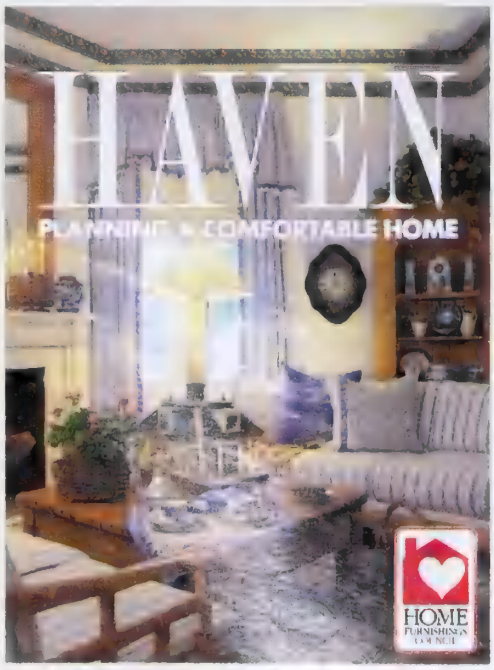
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UP FRONT

LHJ'S FOLLOW-UP ON CURRENT NEWS, VIEWS AND WHO'S WHOS

"ESCAPE FROM KUWAIT!"

Phyllis Calvin, forty-nine, knew the life of a coach's wife could be nomadic, but she never expected anything like the harrowing desert journey she and her husband, Jim, fifty, made last summer to flee Kuwait and the invading Iraqi army.

The Calvins had lived in Kuwait City since June 1989, when Jim became coach of the national basketball team. But on August 2, their comfortable lifestyle in the wealthy Middle Eastern country came to an end. The couple watched out their window in horror as Iraqi tanks and troops surrounded the Kuwaiti army base just five hundred yards away. "We saw soldiers dying," says Phyllis. Within several hours, the Iraqis seized control of downtown Kuwait City and bombed the palace of the Emir.

The Calvins took refuge in the basement parking garage. "We could hear the machine guns," Phyllis remembers. "The whole building was shaking."

After eight hours, the shelling stopped, and the Calvins went back upstairs. But Iraqi soldiers looted nearby stores and apartment buildings. "I was afraid to take a shower because I thought soldiers would storm in," Phyllis says.

Then the Calvins heard a chilling rumor: An Iraqi soldier had raped an airline flight attendant. They began plotting their escape. On August 6, they learned from a neighbor that a desert checkpoint on the border between Kuwait and Saudi Arabia would remain open for two more hours. But the border was at least three hours away, and the Calvins' car had a leaky radiator. Still, they decided to make a run for it. "I was ready to try anything," Phyllis says.

Minutes later, they sped out of the garage, followed in another car by Steve Betts, coach of Kuwait's national swim team. Phyllis hid on the front floorboard, holding her three poodles. "I am a light blond, and they would have known I was a U.S. citizen," she says. "I was so scared."

She cried as she thought of her sons, Kelly, twenty-four, and Kevin, twenty-six, in the U.S. "I really thought we were going to be casualties of war," she says.

As they raced through the desert at top speeds of ninety miles per hour, they passed burned-out cars and blown-up tanks. Soldiers shouted and tried to flag them down.

Finally, Jim was forced to stop when an Iraqi soldier ran in front of the car. "His lips were parched and bloody," Phyllis recalls. "But I was afraid to give him anything, thinking he would jerk us out of the car."

Steve Betts offered the soldier some Diet Pepsis. He took them, motioning both cars to drive on.

Almost four hours after leaving Kuwait City, the Americans arrived at the border; it was still open. Jim and Phyllis got out and kissed their Caprice Classic.

Back home in San Antonio, Phyllis feels lucky to have escaped. Although she and Jim were forced to leave all their savings at a bank in Kuwait, she says, "we have our lives."

"We've been married for twenty-eight years, and I always thought that we had to be strong for each other," Jim adds. "And we were."

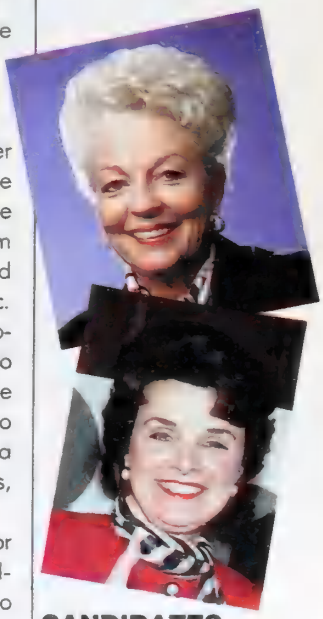
—BONNIE GANGELHOFF



THANKS TO THEIR DARING GETAWAY, THE CALVINS ARE NOW BACK HOME WITH SONS KEVIN AND KELLY

HOW THE WEST IS BEING WON—BY WOMEN

The state that gave us skateboarding and neon sunglasses has now spawned a far more important trend: womanpower politics. Of the record number of women running for state and federal office in the U.S., California has the most vying for prominent positions. When the November election returns are counted, California could have a female governor, lieutenant governor and treasurer. And the next secretary of state is certain to be a woman *(continued)*



CANDIDATES ANN RICHARDS AND DIANNE FEINSTEIN

(continued) (either Republican Joan Flores or Democratic incumbent March Fong Eu).

Golden State women are actually finding their gender an asset at polling time; voters of both sexes now recognize the need for a woman's insight on such high-profile issues as education, the environment, child care and health care. Political observers call this "the woman thing." Explains Mervin Field, who runs the respected California Poll, "It's a feeling among both sexes that we need women's voices when we deliberate the issues that affect us all." Or, as former San Francisco mayor—and gubernatorial hopeful—Dianne Feinstein tells her audiences, "This state could use a little mothering."

California's time-honored respect for strong females helps, too. In frontier days, women had to tough out harsh living and working conditions right alongside the men. As a result, a lot of gender assumptions fell by the wayside, and the spirit of those pioneers lives on.

The frontier feeling is still strong in Texas, too, where women *already* run much of the show. The most prominent example is the formidable state treasurer, Ann Richards, who's in the governor's race this fall. Texas also has an impressive 158 women mayors—six of them in major cities like Dallas, Houston and San Antonio, and others in whistle-stops like Krum, Rosebud and Wink.



TEXAS WOMEN ARE ROPING IN THEIR FAIR SHARE OF POLITICAL POSITIONS—THE STATE HAS 158 FEMALE MAYORS

Experts say that Texas demographics give female candidates an edge: Half a million more women than men are registered to vote statewide. Blacks, who make up 11 percent of the electorate, have also shown a willingness to support women nominees.

Unquestionably, though, some Texas women are getting ahead because they're willing to take low-status political jobs. The vast majority of women mayors work in little towns for salaries that barely cover their mileage expenses. "The smaller the city, the lower the pay, the more likely the mayors are to be women," says New Mexico State University political scientist Ann Beck, Ph.D.

Sexism is still alive and well in Bubbaland; Ann Richards's gubernatorial opponent, rancher/oilman Clayton Williams, once told a group of journalists that bad weather was like rape: "If it's inevitable, just relax and enjoy it."

Regardless of old-boy networks and bare-minimum salaries, women officeholders are bringing a unique perspective to their jobs. Mercedes mayor Norma Garcia's "informal workshops" with local elected officials are modeled on her family's problem-solving roundtable. "I really believe you take this motherhood/parenthood experience with you to City Hall," she says. Adds Dallas mayor Annette Strauss, "Women bring to office patience, understanding and a willingness to listen."

It may be premature to claim a total victory for Texas womanhood; there are plenty of male-dominated bastions yet to be conquered. For instance, Texas has sent only one woman to Congress in her own right—Barbara Jordan—and that was nearly two decades ago. But the floodgates are clearly open. Exults Houston mayor Kathy Whitmire, "Women have served with enough expertise in Texas that people now *assume* they will do a good job."

She's right. Whether they're in Texas, California or anywhere else. —SHANA ABORN, with correspondents

THE MAN SHE LEFT BEHIND

Seven years ago, Diana Kroptavich—a member of the United States Navy—worried at home while her new husband, Walter, also a sailor, went off to help defend the Marines who were stationed in war-torn Lebanon. Today, *she* is on sea duty in the Mediterranean in support of Operation Desert Shield, the multinational military operation to protect Saudi Arabia from Iraqi invasion. *He* is at home with their six-year-old son, Walter Lee, praying for her safe return.

Diana's situation is not uncommon. Although the Pentagon will not release exact figures, "Women make up approximately 11 percent of the military, and



THOUSANDS OF WOMEN ARE IN THE MIDDLE EAST

it's safe to assume they are represented as evenly in the Middle East as they are anywhere *(continued)*

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(continued) in the services," says Major Doug Hart, a Defense Department spokesman. Women serve as communications specialists, truck drivers, military police, mechanics, technicians and members of the medical corps.

According to law and military policy, women are barred from combat units. But with today's long-range weapons, they're still at risk.

For Diana, a communications specialist (her official title is radio*man*) who has been in the Navy for fifteen years, going to sea is just part of the job. She waved good-bye to her husband and son on August 7 as her ship, the repair vessel U.S.S. *Yellowstone*, left the Norfolk, Virginia, Naval Station for the Mediterranean.

Walter says he's nervous about his wife's safety. "I'd go in her place in a minute if I could," he told an interviewer. But he retired from the Navy in 1988 after twenty-two years because he and Diana were concerned that they would both be away from their young son at the same time.



So now Walter is an explosives worker at a Naval weapons center; he spends evenings and weekends with his son. Until Diana returns, Walter says tersely, "it's tough. We will worry a lot." —ANDREA GROSS

"look who's talking

"When I die, they are not going to ask me what my rating was or how was I on [the *Today* show]. If I can't ad-lib with Saint Peter, *then* I'll be in trouble."
—Deborah Norville

"There's no need to hurry. I know how to operate a washing machine without getting covered in bubbles, and I know how to handle an iron."
—Crown Prince Naruhito, thirty, future emperor of Japan, on why he still isn't married

"I am astonished when women say they feel old, and we're nearly the same age."
—Sophia Loren, fifty-six"

HEALTH TIPS FROM THE NATION'S TOP DOCTOR

Antonia Novello, our first woman Surgeon General, gives her prescription for a healthier life:

1. DON'T SMOKE. There were 390,000 smoking-related deaths in the U.S. in 1987, the latest date for which statistics are available. Novello hopes to reduce this figure by making Americans aware of the risks.

2. BE SENSIBLE ABOUT YOUR USE OF ALCOHOL—AND PASS THE MESSAGE ON TO YOUR CHILDREN. One of the Surgeon General's biggest concerns is teenage drinking. "Each year we lose eight thousand young adults in alcohol-related accidents," she says. Novello plans to visit seven U.S. cities to talk to parents, teachers and kids about how best to fight teen alcohol abuse.

3. GET A REGULAR MAMMOGRAM. Forty-four thousand women will die from breast cancer this year alone. "Many of their lives could have been saved if the disease was diagnosed early," Novello says. She recommends that every woman have a baseline mammogram at age thirty-five, a mammogram every other year between the ages of forty and fifty, then annually after age fifty.

4. TALK TO YOUR DOCTOR. "We have to find a way that people don't feel embarrassed if they ask their physician a question," Novello says. "Do ask." If you're uncomfortable talking to your doctor, find one who makes you feel at ease.

5. NURTURE YOUR FAMILY. Novello feels that expressing affection will help keep you healthy. "A hug goes a long way," she says, for both them and you. "You give a million watts of energy."

—BARBARA BRONSON GRAY

THE LHJ '90s NETWORK

LAST SUMMER, ROSEANNE BARR WAS CRITICIZED FOR MAULING THE NATIONAL ANTHEM, AND MORE RECENTLY, IRISH POP STAR SINÉAD O'CONNOR STARTED A CONTROVERSY WHEN SHE REFUSED TO ALLOW IT TO BE PLAYED BEFORE A CONCERT IN NEW JERSEY.

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GOOD MORNING AMERICA TURNS FIFTEEN

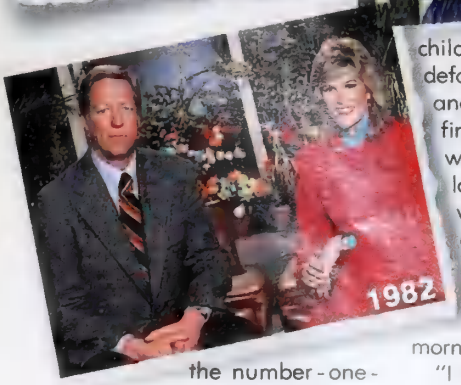
The year was 1975. Edith had Archie, Cher had Sonny, and sideburns had a life of their own. And a new morning news show called *Good Morning America* was ready to burst onto the scene.

Well, not exactly burst. When it premiered on November 3, 1975, with host David Hartman, *GMA* didn't stand a chance against the ratings king, *Today*. Fifteen years later, co-host Joan Lunden, who began there as a consumer reporter fourteen years ago and now works with Charles Gibson, holds the title for morning TV's longevity queen, since Jane Pauley has departed.

The anniversary has given *GMA*'s staff pause to reflect on some of the show's finer—and funnier—moments. Lunden and Gibson (who took over from Hartman in 1987) have witnessed history: inaugurations, international summits, wars and earthquakes. They've survived some embarrassing moments—like the time Lunden interviewed ninety-year-old survivors of the *Titanic* about their memories and none of them could remember much. Or when Gibson stood shocked and nearly speechless as maverick Soviet politician Boris Yeltsin seemingly gave *GMA*'s audience the finger live on the air. (It was explained later that as a child Yeltsin's hand was deformed by a firecracker, and that the offending finger always protrudes when he gestures hello.) But these days, what really has Lunden and Gibson smiling isn't memories, but their current triumph in the morning-TV ratings war.













"I have great respect for the people at the *Today* show," says Gibson, sitting with his co-host in *GMA*'s guest waiting room. "I just want to keep beating the living bejeamers out of them. I want to drive them deeper into the dirt. I want to nuke them. I want to . . ."

"Charlie, Charlie, Charlie," says Lunden, patting her co-worker's hand. "You boys are so competitive."

If there is a secret to *GMA*'s current success, which received a boost from Jane Pauley's exit from *Today*, it's the good-natured chemistry between Gibson and Lunden. When he's not calling her "Blondie," Charlie refers to his cohort as his big sister. (On cue, Joan scoffs at the word "big.") He's the naughty, likable schoolboy; she is the perky class president. But they get along splendidly. Lack of a similar chemistry could be the reason *Today* hosts Bryant Gumbel and Deborah Norville (along with newly installed Joe Garagiola) don't quite seem to click.

"There are enough women out there who are ticked off because they don't feel they have equal footing in their own relationships," Lunden says. "The last thing they want to do in the morning is wake up and watch another woman who doesn't have an equal part in her professional relationship."

Joan knows what she's talking about: She found herself in a subservient role for almost seven years after she was promoted to co-host in 1980. The program was designed to be David Hartman's show, and she had to play second banana until he left three years ago. "We had a nice relationship," Joan says sarcastically. "I never took any of his big stories, and he never made me kiss his big ring."

Her relationship with the current *GMA* staff is distinctly more cordial. "It's my second family," says Joan, who has also managed to raise three daughters with her husband, television producer Michael Krauss.

So, everything's perfect, then? "Actually, I want them to dump Joan and replace her with Jamie Lee Curtis," Gibson jokes.

"I'm having them kick you off for Michael Douglas," Lunden retorts.

"Aren't we a great team?" Gibson asks. "We should be here another fifteen years." —ERIC SHERMAN

the number-one-rated *Good Morning America* has not only survived, it has toppled *Today* from its lofty perch. And current

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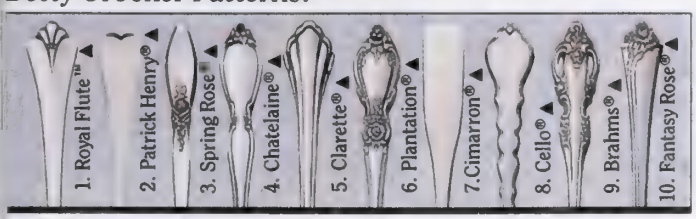
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PET NEWS

Keeping your dogs and cats healthy and happy ■ Never underestimate the power of a woman veterinarian ■ Easing pet overpopulation ■ Predicting the onset of a common feline condition





EQUALITY IN THE VET SET



One of the last male-dominated medical fields is going coed—and that's the cat's pajamas. Currently, 22 percent of the nation's fifty thousand veterinarians are female, and women now make up 60 percent of vet school students (including Miss America 1990, Debbye Turner).

Why are so many women drawn to animal rites? Clearly, it's not the money alone—starting salaries average just $24,000 and usually don't rise as high as those for M.D.s. Many say it's the satisfaction of working with the creatures they love (most women vets work with small household pets, such as cats, dogs and birds). Says Boston vet Rhea Morgan, D.V.M., "Women tend to make career decisions based on what they want to do instead of what it will gain them financially." The opportunity to do important research in animal behavior or illnesses like feline leukemia and Lyme disease is another incentive.

Whatever the appeal, the fact is that women make popular pet doctors. "Both men and women have to bring a compassion to the job, but women are still considered the caretakers of the world. People feel comfortable leaving their animals in their hands," says Linda Lacher, executive director of the Minnesota Veterinary Medical Association.

Women haven't yet reached the top of the profession. Although the number of women in veterinary academia has more than tripled since 1980, there are currently no female deans of veterinary schools. Still, they're getting ahead—women serving as associate deans are likely to reach upper echelons in the next few years. In any event, women who never outgrew their puppy love can now put it to work.

HEALTH WATCH

Fixing the problem Millions of unwanted cats and dogs die each year—put to death in shelters or losing their lives to starvation, disease and traffic accidents. A big part of the problem, according to shelter officials, is that they have difficulty enforcing spaying and neutering rules—people adopt puppies and kittens, but they don't bring them back at six months of age for neutering. Many animals go on to have litters, increasing the population explosion. Now early neutering may help solve pet overpopulation. Some shelters have begun altering pets as young as seven or eight weeks—before they are adopted. Preliminary results indicate that such early operations are as safe as neutering at six months, though many veterinarians are reserving judgment until long-term studies are completed. **Progress on feline urinary syndrome** Researchers at Purdue University are investigating why some cats are plagued with recurring feline urinary syndrome (FUS), a common condition, especially among male cats. One theory: Certain felines secrete too much of a substance called Tamm-Horsfall protein, or THP, which is found in urine; deposits bind with minerals in the diet to block the urinary tract. Diana Rhodes, D.V.M., is measuring THP levels in cats with recurring FUS. The next step: predicting which cats are predisposed, and placing them on a special low-mineral diet.

Reporting by Shana Aborn, Diane Calkins, Kate Robins, Alicia Ruehrwein and Marianne Wait.

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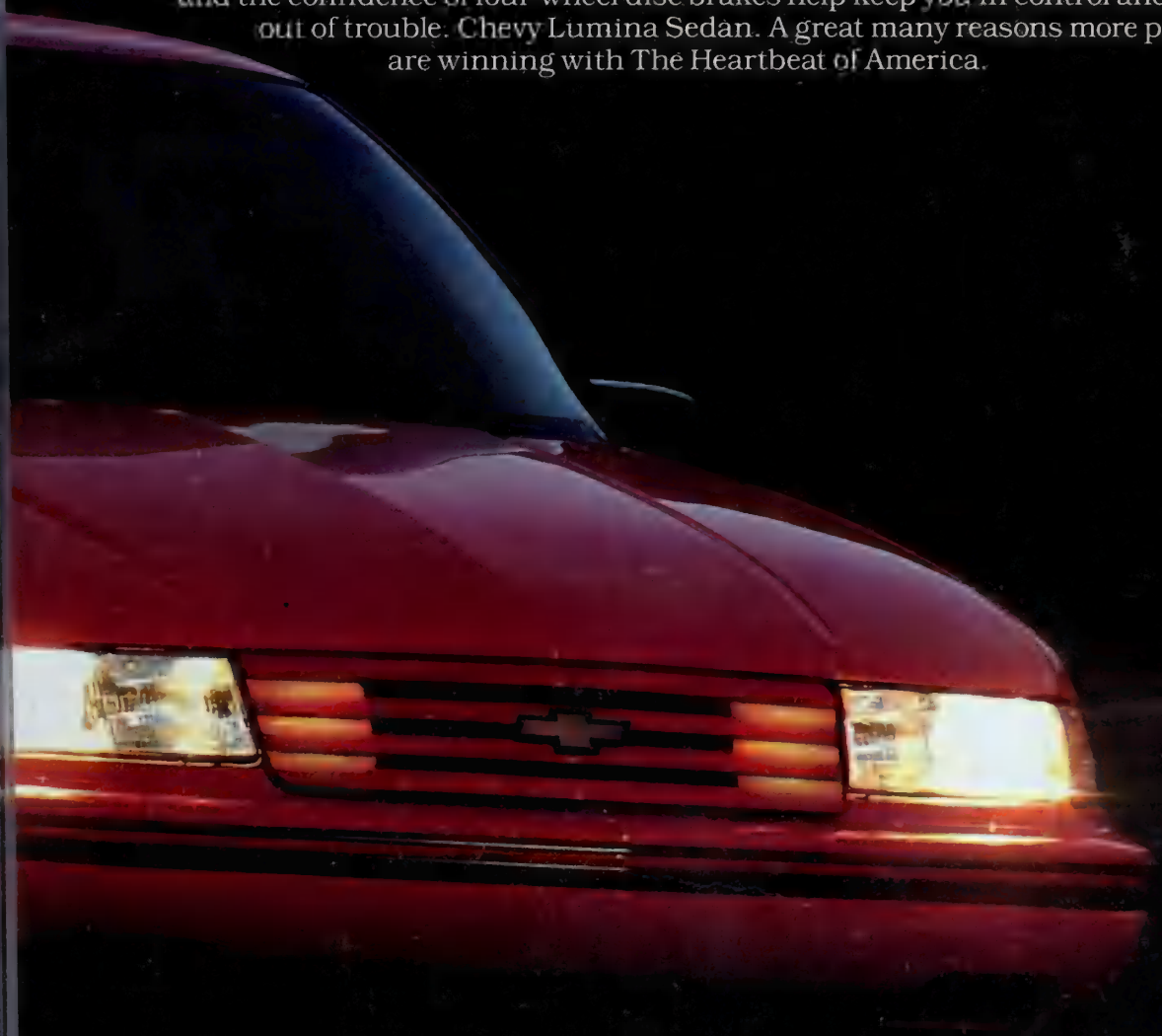
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PARENTS' JOURNAL

A guide to child rearing in the nineties ■ How to put an end to kid conflicts ■ Saving the planet ■ Is there life after teenagers? ■ Pediatric healthline

By Mary Mohler and Margery D. Rosen

PEACE AT LAST!

TEACHING KIDS TO FIGHT FAIR

All too often, kids' squabbles end with one child feeling victorious and the other defeated, furious and resentful. "It doesn't have to be that way," says Priscilla Prutzman, program coordinator of Children's Creative Response to



Conflict (CCRC), an international organization that teaches kids to resolve their differences without insults, clenched fists or cries for a grown-up. While many of us feel helpless at times to control kids' squabbles, the truth is, as a mother you can help your children find solutions that satisfy everyone.

Sound impossible? It's not. By using many of the same problem-solving techniques of any good diplomat, labor negotiator or family therapist, Prutzman shows kids even as young as four how to "mediate" their own problems. "We empower them," adds Judith Garson, a CCRC staffer, who works with schoolchildren as well as trains teachers and school administrators to use conflict-resolution techniques. "Kids' self-confidence skyrockets when they realize that they can actually solve their problems on their own."

Although programs that teach creative conflict-solving have their roots in the sixties peace movement, they've received increased attention in the last few years. "Violence has reached epidemic proportions in our society," notes Prutzman, "and parents are beginning to realize that it starts early. While peace in the world may seem unattainable, you can certainly achieve a semblance of it in your own home."

EIGHT STRATEGIES FOR KID CONFLICTS

1. Bring them to a quiet, neutral place. Let's say two children are fighting over a toy in the backyard. Suggest they move inside or even to another part of the yard. This breaks some of the tension.

2. Establish ground rules. Say, "If you want to solve this problem, we'll discuss it, but there will be no name-calling and no interrupting, and we will try to tell the truth." During the course of your mediation, whenever things start to get out of hand, remind the children of their original promise.

3. Give each child a chance to tell what happened. "Very often, the conflict gets solved at this point, since usually they're fighting because one of them has been misunderstood or didn't hear what the other was saying," says Garson. Encourage them to look each other in the eye and really listen.

4. Help them define the problem. Sometimes it's not what it appears to be. Let's say your nine-year-old comes home from school with a playmate and the two immediately go upstairs to her room and close the door. A little while later, your six-year-old walks into the den and proceeds to mess up his older sister's stamp collection. She discovers the destruction and a battle ensues. "Underlying the obvious problem may be the fact that the little one feels left out because the older child never includes him when a friend comes over," says Garson. Encourage them to tell you their feelings by asking questions such as: What happened then? How did you feel about that? Paraphrase their responses back to them. ("So you felt very sad when Jenny and her friend locked you out of the room," affirms your six-year-old's feelings of being rejected.) "It takes a while for children to organize their thoughts, so don't hesitate to ask the same question several times," adds Garson.

5. Teach them to brainstorm solutions. Ask: "What can we do right now to solve this problem? What could you have done differently?" Once they respond, you can say, "That's good; what's another idea?" Again, make sure they each take turns.

6. Be sensitive to kids' needs. Maybe they're just too angry right now to settle anything. Suggest they make a date later to talk about it. If they want to talk but emotions are running high, try standing between them or have them stand back-to-back. Before long, they will probably turn to face each other, and the anger will subside.

7. Make sure both kids agree to whatever solution is found. "A parent shouldn't play police officer or judge. It's their conflict; guide them, but try not to tell them what to do," cautions Garson. "Step away and let them find the answer—even if it's obvious."

8. When the crisis is over, remind them of their successes. If your older daughter promises to include her brother for at least ten minutes when a friend comes over before going upstairs to her room, praise her for her hard work in seeking a solution. If the little one says he will first ask to be included instead of messing up his sister's projects, tell him you know it's hard to solve problems, but he did a great job on this one. A special treat also rewards progress.

No one is a born problem-solver, but with practice, we can all develop the necessary skills. "As children learn that problem-solving is a winning solution for everyone, interest in finding creative resolutions is generated," says Prutzman. "In time, this process becomes a natural response to conflict."

For information on CCRC, write: Box 271, Nyack, NY, 10960.

—MARGERY D. ROSEN ▶



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GETTING THROUGH

BY TRISH VRADENBURG

ONE MOTHER'S STORY

When things don't go well with my kids, I moan that I don't understand it—they were always loving and obedient. Until now. My husband accuses me of having a selective memory. He's right about that. My defense is that living with teenagers and going through childbirth are similar; no one would have more than one if she could remember the pain.

I have two kids—my daughter is nineteen, my son is seventeen. When they were growing up, I was, in all modesty, the ideal parent: loving, involved, a healthy ego-builder. Even though I occasionally brought work home, I never missed a school recital or Little League game. Not that I did it for credit or anything, but I did expect, at the very least, eternal gratitude and love. Canonization was not ruled out.

Back then, they treated me with the proper awe—like looking unbelievably impressed when I successfully changed a light bulb. I was powerful, brilliant, downright infallible. Such canonization, however, did not prepare me for life with a teenager.

Recently I asked my son about his memories of childhood. I settled into my favorite chair, eagerly anticipating the heartwarming testimonial.

"I was short," he said.

Beginning, middle, end.

"That's it? That's all you remember?" I asked incredulously, somewhere between devastation and outrage. He merely shrugged his shoulders as if to say, What else?

Clearly, my pedestal was history. I was to spend endless hours trying to figure out what to say—and why it was never quite right. I wanted to be part of their lives; they wanted me to fade into the background. I wanted a meaningful relationship; they wanted a silent benefactor. I wanted them to share; they wanted me to get real. Still, I hung in.

I tried to be supportive. I often watched football on TV with my son, which is about as exciting as watching a moth sleep. I feigned interest—and considered myself lucky if he grunted a monosyllabic response. Eye contact was out of the question. With his friends he was all personality. With me he had the emotional highs of a piece of lint. Still, every expert says that communication is key. Even though teenagers seem to reject you, let them know you care. So I continued to ask incredibly personal questions like, "How was your day?" And I endured those heavy, knowing sighs that, loosely translated, meant: "I-can't-believe-you-got-this-far-in-life-knowing-practically-nothing-when-I-know-so-much-but-since-you're-my-mother-I-suppose-that-counts-for-something."



Just when I thought I couldn't possibly get any stupider, my daughter went away to college. Confident that a brand-new era was about to be ushered in, I naively looked forward to Thanksgiving vacation.

"Be in by two," I said perfunctorily as she walked out the door that first night home.

Damn the torpedoes. Man your stations. This is war!

"Are you saying I have a curfew?" she asked, with the horror of someone who has just discovered on Geraldo that her grandmother was a lesbian/nun/hooker who had had a sex change.

I quickly checked my memory bank for what I had said. "Be in by two" had all the requisite elements of a curfew. I nodded yes.

Now she was really horrified. "This is outrageous! I'm not a kid. I'm in college now. You have no respect for me! You can't treat me like this!"

I opened my mouth to respond, and my mother came out: "As long as you're in my house, you'll abide by my rules." Interesting how irrational that sounded from my mother, but how reasonable it sounded from me.

Harsh words, slammed doors followed. Clearly, Norman Rockwell wouldn't be joining us at the Thanksgiving table.

"You don't want to let go," my daughter accused me the next day, when we had a calmer—though no less intense—conversation.

"Not true," I said, knowing she was right.

"It's different from when you were my age," she said.

"Not true," I responded. This time she wasn't right.

And that's the hardest part about being a parent—having to admit that the cycle really does repeat itself. I had wanted the same things that my daughter wants: total independence, unqualified respect and unlimited financial support. Sometimes I got it, sometimes I didn't.

When our heads cooled—and she was back at school—we came to terms with each other. We realized that this phase of our relationship, like every other one, would take time to figure out: trial and error, love and hate, yelling and hugging. In the end we'd work it out.

"I can't believe I had a fight with her when she was home from college," I said to my husband the other night. "Remember when she was in high school? We never even had a disagreement."

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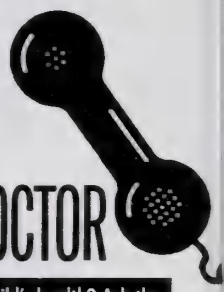
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PEDIATRIC HEALTHLINE

■ Whenever my two-year-old gets angry or frustrated, she starts holding her breath until she turns purple. My mom says to throw cold water in her face. Is this a good idea?

No. It is unnecessary to stop the breath holding immediately, and in fact, throwing water in her face may be unsafe. Usually seen in children aged one to four, breath holding is used to manipulate adults. This technique is nearly always used when the child is angry; it is her way of taking control. Breath holding may result in the child's turning pale or blue and even passing out, but at that point, of course, she will begin to breathe again, so breath holding is ultimately harmless. Perhaps you feel frustrated by the child's behavior, but these days, harsh methods of discipline are not recommended. The parent is wise to pay as little attention to the child as possible during these times, except to ensure that the child will not fall and hurt herself. —Joseph Chiaro, M.D.



ASK THE DOCTOR

Got a question about your child's health? Ask the doctors at the Pediatric Healthline at the Arnold Palmer Hospital for Children and Women, in Orlando, Florida. Call 800-727-9434 any Tuesday between six P.M. and nine P.M. Eastern time.

■ My five-year-old has impetigo on his face. I was wondering how he could have gotten this, and if the rest of us can catch it.

Impetigo is an infection of the skin caused by common bacteria. The infection starts when the bacteria get below the surface of the skin through an abrasion or an insect sting, or from scratching. Impetigo can also start where there is raw or open skin, such as from chicken pox or a burn. The rash of impetigo usually contains blistering and crusting sores, and pus may drain from them. The pus and crusting material are loaded with germs that can cause the infection, but they must get under the skin to spread. Everybody who comes in contact with the rash should wash carefully to avoid infection. Impetigo may be treated with antibiotics applied to the rash or taken by mouth. —Lewis Wasserman, M.D.

HELP YOUR KIDS BE EARTH ANGELS



Will our kids be able to experience the things we took for granted, things like clean air and water? Recently, we spoke with the Earth-Works Group—authors of the book *50 Simple Things Kids Can Do to Save the Earth* (Andrews and McMeel, 1990)—about specific steps children can take right now. Here, ten of their favorite projects:

■ Made in the shade Remind kids to turn out the lights whenever they leave a room: A 100-watt bulb left on for half a day, every day, for a year uses enough electricity to burn one hundred thirty pounds of coal.

■ Recharge it Every year, Americans throw away more than a billion batteries containing hazardous chemicals that seep into the ground. Next time, buy rechargeable batteries.

■ Recycle Let your child keep the five cents for every refundable bottle and can she collects.

■ No more helium balloons Balloons set adrift often end up in the ocean, where sea creatures mistake them for food. The balloons can block the animals' stomachs, which can eventually kill them.

■ Snip plastic rings Birds and seals can get the plastic rings from six-packs caught around their necks and choke or drown. Hang safety scissors in the kitchen and delegate the clipping to your child.

■ Don't drive Take a walk with your child instead of using your car. Exhaust fumes are a major cause of damage to the environment.

■ Turn off the water Leaving the water running while you brush your teeth can waste more than a gallon of water.

■ Pick it up Garbage is not only an eyesore but an environmental hazard. Organize a weekend family litter drive in the park, armed with gardening gloves and garbage bags (but not plastic ones, of course).

■ Feed the birds Birds are losing their habitats. You can give them food and shelter with a birdhouse you and your child build together.

■ Use a live Christmas tree. After Christmas, replant it in the backyard and have your child water it and keep it healthy. —Amy Myers

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What could be better after a fun-filled evening of caroling than fresh-baked cookies and steaming mugs of cocoa? Enjoying this feast on a hearthside table that's all dressed up for Christmas! All tableware and accessories, Crate and Barrel. Details, P.S. 8

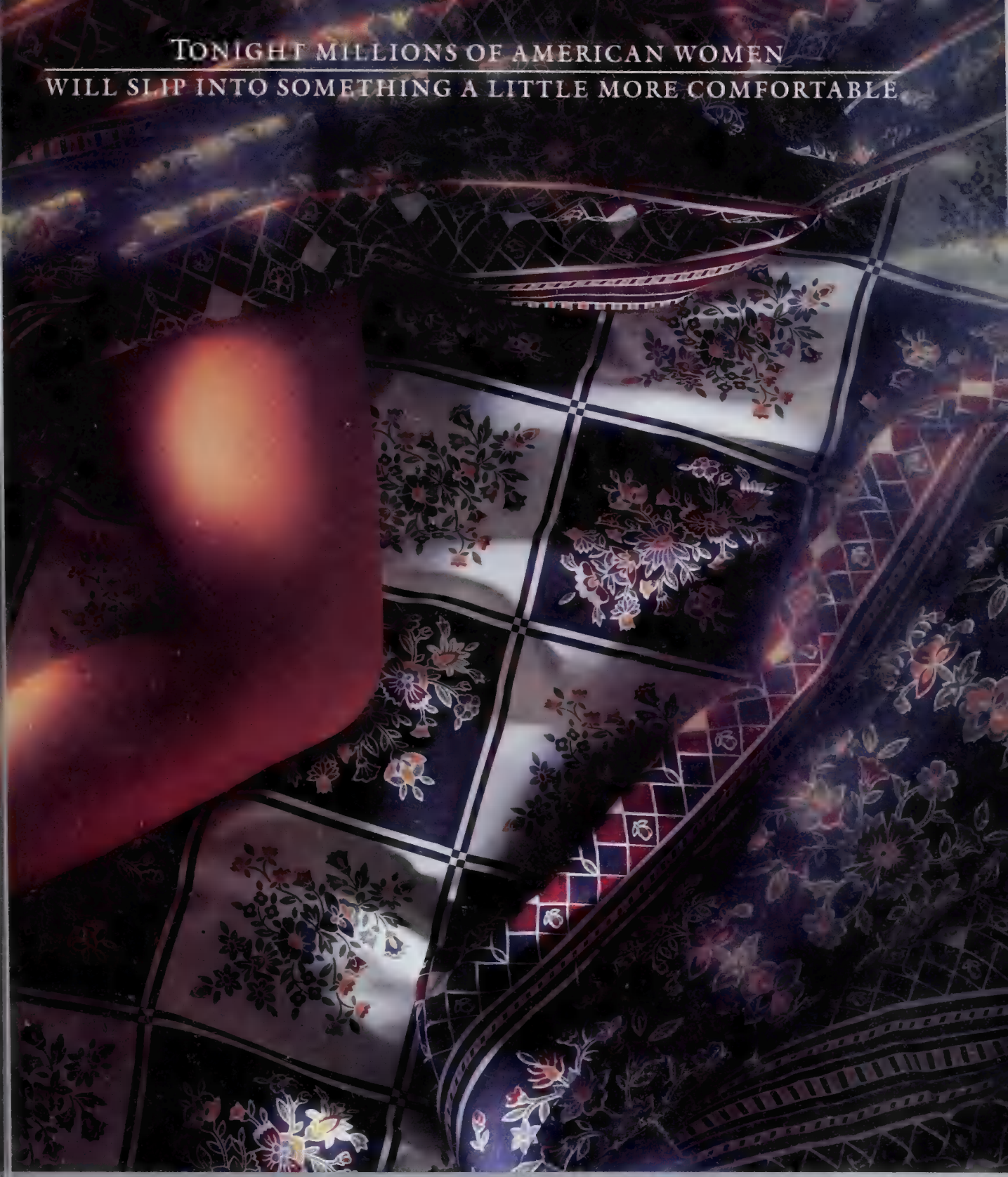


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GOURMET ENTERTAINING



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CANDY CANE

1 tablespoon peppermint schnapps
1 tablespoon sugar
1 tablespoon whiskey
Stir until sugar is dissolved. Garnish whipped cream with crushed candy cane.

CAPPUCCINO

1 tablespoon chocolate-flavored liqueur
1 tablespoon coffee-flavored liqueur
1 tablespoon vodka
Garnish whipped cream with a dash cinnamon.

GOLDEN DREAM

2 tablespoons orange-flavored liqueur
1 tablespoon brandy
2 teaspoons sugar
Garnish whipped cream with orange peel.

CHOCOLATE-COVERED CHERRY

2 tablespoons chocolate-flavored liqueur
1 tablespoon kirsch or cherry brandy
Garnish whipped cream with maraschino cherry.

ALMOND JOYOUS

2 tablespoons amaretto liqueur
1 tablespoon light rum
1 tablespoon crème de cacao
Garnish whipped cream with chocolate shavings.

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CURRIED CHICK-PEA AND YOGURT DIP

Combine ⅓ cup finely chopped onion, 2 teaspoons olive oil and 1 teaspoon minced garlic in a microwaveproof bowl. Cover with wax paper, turning back one section. Microwave on High 1 minute. Stir in 1 teaspoon curry powder and ½ teaspoon cumin; microwave 1 minute more. Transfer to food processor with 1 can (19 oz.) chick-peas, drained and rinsed, ½ cup plain nonfat yogurt, ½ teaspoon salt and ¼ teaspoon pepper. Process until smooth. *(Can be made ahead. Cover; refrigerate overnight.)* Stir in 1 teaspoon fresh lemon juice. Serve with crudités. Makes 1¾ cups.

CHILI RELLENO DIP

Combine 1 can (4 oz.) chopped green chilies, 1 package (3 oz.) cream cheese, softened, ⅓ cup sour cream and a pinch ground red pepper in 2-quart microwaveproof bowl; blend until smooth. Stir in 1 package (8 oz.) shredded Monterey jack cheese. *(Can be made ahead. Cover; refrigerate overnight. Bring to room temperature.)* Cover with wax paper, turning back one section. Microwave on High 2 minutes; stir. Microwave 1½ minutes more, until cheese melts. Sprinkle with 4 strips cooked bacon, crumbled, 2 green onions, sliced, and 2 tablespoons chopped fresh cilantro. Serve with tortilla chips. Makes 2½ cups.

WARM GOAT-CHEESE SPREAD

Spread 1 large log (11 oz.) goat cheese in bottom of shallow 2-quart gratin dish. Combine ¼ cup unflavored dry bread crumbs, 2 tablespoons extra-virgin olive oil, ½ teaspoon minced garlic, ¼ teaspoon thyme and a pinch freshly ground pepper in bowl. Sprinkle evenly over cheese; drizzle with another 1 tablespoon oil. *(Can be made ahead. Cover and refrigerate overnight.)*

Preheat oven to 375°F. Bake uncovered 10 to 12 minutes, until heated through. Serve spread with slices of French bread and Belgian endive leaves. Makes 1¾ cups.

HONEY-HAM SPREAD

Combine 8 ounces baked ham, diced, 1 package (3 oz.) cream cheese, softened, 4 teaspoons Dijon mustard, 2 teaspoons honey, ¼ teaspoon freshly ground pepper and ⅛ teaspoon ground red pepper in food processor; process until smooth. Stir in 2 tablespoons minced red onion. Cover and refrigerate overnight. Serve with crackers. Makes 1½ cups.





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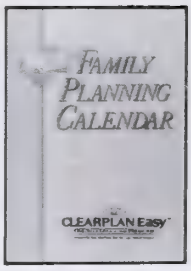
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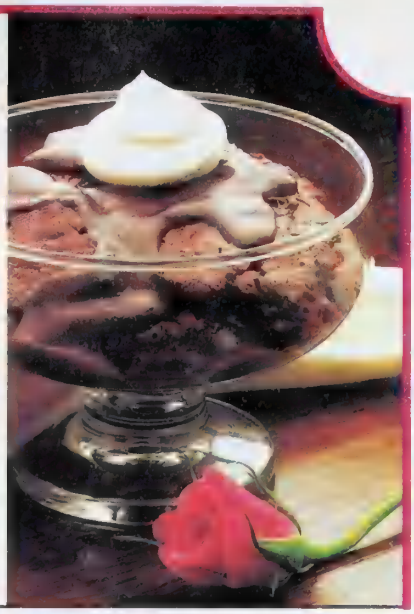
EASY FUDGEY PUDDING CAKE

(Makes 4 to 6 servings)

- 1 cup all-purpose biscuit baking mix
- ¼ cup HERSHEY'S Cocoa
- 1 (14-ounce) can EAGLE® BRAND Sweetened Condensed Milk (NOT evaporated milk), divided
- ¾ cup HERSHEY'S Syrup, divided
- 1 teaspoon vanilla extract
- ½ cup hot water
- Whipped topping or ice cream (optional)

Heat oven to 375°. Grease 8-inch square baking pan. In medium bowl, combine baking mix and cocoa; stir in 1 cup sweetened condensed milk, ¼ cup syrup and vanilla until blended. Spoon evenly into prepared pan. In small bowl, combine remaining sweetened condensed milk, remaining ½ cup syrup and hot water. Pour liquid mixture carefully over top of mixture in pan; *do not stir*. Bake 25 to 30 minutes or until center is set and cake begins to pull away from sides of pan. Let stand 15 minutes; spoon into dessert dishes, spooning pudding from bottom of pan over top. Serve warm; garnish with whipped topping, if desired. Refrigerate leftovers.





FUDGE BROWNIE PIE

(Makes one 9-inch pie)

- 9-inch unbaked pastry shell
- 1 cup HERSHEY'S Semi-Sweet Chocolate Chips
- ¼ cup butter or margarine
- 1 (14-ounce) can EAGLE® BRAND Sweetened Condensed Milk (NOT evaporated milk)
- ½ cup all-purpose biscuit baking mix
- 2 eggs
- 1 teaspoon vanilla extract
- 1 cup chopped nuts

Heat oven to 375°. Bake pastry shell 10 minutes; remove from oven. Reduce oven temperature to 325°. In saucepan over very low heat, melt chips with butter. In large mixer bowl, beat chocolate mixture with remaining ingredients except nuts until smooth. Stir in nuts; pour into prepared pastry shell. Bake 35 to 45 minutes or until center is set. Cool. Serve warm or at room temperature with ice cream, if desired.







CREAMY DOUBLE DECKER FUDGE

(Makes about 1½ pounds)

- 1 cup REESE'S Peanut Butter Chips
- 1 (14-ounce) can EAGLE® BRAND Sweetened Condensed Milk (NOT evaporated milk), divided
- 1 teaspoon vanilla extract, divided
- 1 cup HERSHEY'S Semi-Sweet Chocolate Chips

Line 8-inch square pan with foil. In small microwave-safe bowl, place peanut butter chips and ⅔ cup sweetened condensed milk. Microwave at HIGH (100%) 1 to 1½ minutes, stirring after 1 minute, until chips are melted and mixture is smooth when stirred. Stir in ½ teaspoon vanilla; spread evenly into prepared pan. In microwave-safe bowl, place remaining sweetened condensed milk and chocolate chips; repeat above microwave procedure. Stir in remaining ½ teaspoon vanilla; spread evenly on peanut butter layer. Cover; chill until firm. Cut into 1-inch squares. Cover; store in refrigerator.







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Dinner
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with HERSHEY'S and EAGLE® BRAND



FUDGE TRUFFLE CHEESECAKE

(Makes one 9-inch cheesecake)

Chocolate Crumb Crust (recipe follows)
2 cups (12-ounce package) HERSHEY'S Semi-Sweet Chocolate Chips
3 packages (8-ounces each) cream cheese, softened
1 (14-ounce) can EAGLE® BRAND Sweetened Condensed Milk (NOT evaporated milk)
4 eggs
2 teaspoons vanilla extract

Heat oven to 300°. Prepare Chocolate Crumb Crust; set aside. In heavy saucepan, over very low heat, melt chips, stirring constantly. In large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Add melted chips and remaining ingredients; mix well. Pour into prepared pan. Bake 1 hour and 5 minutes or until center is set. Cool; chill. Refrigerate leftovers.

Chocolate Crumb Crust: In medium bowl, combine 1½ cups vanilla wafer crumbs, ½ cup powdered sugar, ⅓ cup HERSHEY'S Cocoa and ⅓ cup melted butter or margarine. Press firmly on bottom of 9-inch springform pan.



BORDEN IF IT'S BORDEN-IT'S GOT TO BE GOOD

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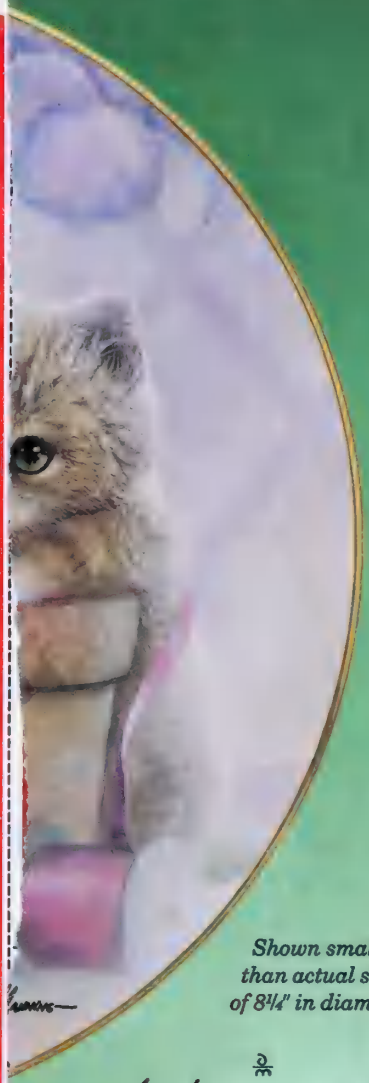


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trouble again!



Shown smaller than actual size of 8¼" in diameter.

the Danbury Mint

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MCP Reply by December 31, 1990 21

The Danbury Mint
47 Richards Avenue
P.O Box 4900
Norwalk, Conn. 06857

Limit: two plates per collector

Please accept my reservation for **"Playful Companions"** described in this announcement. I wish to reserve ____ (1 or 2) plate(s) at $24.95 each (plus $2.95 shipping and handling—total $27.90.*) payable in U.S. funds.

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3 packages (8-our
cheese, softer
Heat oven to 300°. Pre
heat, melt chips, stirri
sweetened condense
Pour into prepared pa
chill. Refrigerate lefto
Chocolate Crumb Cru
wafer crumbs, ½ cup
and ⅓ cup melted but
9-inch springform pan
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Two furry mischief makers in trouble again!



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Playful Companions

by Ruane Manning

the Danbury Mint

© MBI 1990

A numbered limited first edition collector plate trimmed in 23kt gold.

A beautiful iris, in full bloom...and a tiny piece of ribbon. What kitten could possibly resist such a tempting invitation to get into a little bit of playful mischief? Certainly not these two frisky, bright-eyed ones, who look as though they've just been caught with their little white mittens in the cookie jar!

The paintings of Ruane Manning are truly a cat lover's delight. He captures these lovable creatures with such warmth and charm, you'll want to adopt" these irresistibly cute "Playful Companions" and take them home! And you can because the magic of Ruane Manning is yours to enjoy on a porcelain collector plate.

A Limited First Edition

"Playful Companions" is the first in a new series of plates called *Kitten Capers*. Each issue will feature an adorable painting by Ruane Manning which has *never before appeared on a collector plate*. Mr. Manning's original paintings are in private collections throughout the United States, and his prints are sold worldwide.

Each serially numbered plate will be accompanied by a matching Certificate of Authenticity. The size of the edition will be forever limited to the production capacity of 14 firing days. As a finishing touch, each plate will be trimmed with 23kt gold.

No Obligation—No Risk

When you acquire "Playful Companions" you have to option—*but not the obligation*—to collect all subsequent plates in this series. Furthermore, under our *100% Unconditional Guarantee*, you may return any plate for replacement or refund within 30 days.

Reply Now for Lowest Serial Number

Strong demand is expected for "Playful Companions" because of the many plate collectors who are cat lovers, too. Reservations will be processed in order of receipt, so send in yours today!

MCP Reply by December 31, 1990 21

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P.O Box 4900
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HOW TO *REALLY* ENJOY YOUR KIDS

Every mother knows the feeling: If you ever finish shopping, cleaning, cooking and carpooling for the kids, there's not much energy left for having fun with them. Here, eight tried-and-true ways to help you bring back the joys of motherhood.

By Pamela Redmond Satran



You do have the power to say, "No, other things can wait; taking the time to be with and enjoy my children *can't.*"



Eight years ago, when my first child was a baby, I had a casual conversation with my cousin Michael that changed my life. Visiting for the afternoon, and overwhelmed by the chores of new parenthood, I looked with envy at his two daughters, then eleven and nine and amazingly self-sufficient.

"It must be wonderful," I said, baby clinging to me, "now that they're on their own."

To my surprise, Michael did not share my enthusiasm. "It's easier," he admitted, "but I made a mistake when they were younger. They were always asking me to go to the park or for bike rides, and I was too busy. Now, when I ask if they want to ride bikes, they say, 'Sorry, Dad, we're going with our friends.' "

I've thought about my cousin's words hundreds of times over the years. Whenever I'm feeling so overwhelmed by the minutiae of life—the meals/errands/car pools/baths/jobs that I feel can't possibly wait one more second—my cousin's simple comment comes back to remind me that I owe it to myself and to my kids to take control of my life. I do have the power to say no, this can wait; really enjoying time with my children can't.

Lack of time is, admittedly, one of the main roadblocks to enjoying our kids. Parents spend an average of seventeen hours a week in the company of their children but less than two hours a week is devoted to interacting with them—talking, playing or helping with homework, says John P. Robinson, a sociology professor at the University of Maryland.

Another recent study cites even more dismal figures. According to psychologist Jacquelynne Eccles, Ph.D., a research scientist at the Institute for Social Research at the University of Michigan, American mothers average one minute per weekday reading to kids, four minutes playing with them and seven minutes talking to them.

"We don't find a *(continued)*



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ENJOY YOUR KIDS
continued

difference, either, between employed and nonemployed mothers in time spent on reading, teaching or conversing," notes Eccles.

"For most families, there's more to do than there is time to do it," says Ellen Galinsky, co-director of the Families and Work Institute in New York City. "Compounding the problem is that when we are home, we tend to worry about about work or about fixing up the house; if we're at work, we worry that we're not home with our kids. Too often, we're simply not enjoying the moment that we're in."

To compensate for their overloaded schedules, parents often try to force quality time with kids when they *are* available—with less than quality results. They propose a family drive to the country on Saturday afternoon . . . when the eleven-year-old had been planning all week to go to a football game with his buddies. Or they make time after dinner to catch up with a teenager . . . but she doesn't feel like talking right then.

While fathers devote only three hours a week (to a mother's nine) to primary child care—time spent solely on tending a child—they do spend just as much time interacting with their children, according to the Maryland time-use study. Since they feel less of the burden for nitty-gritty child care, some men are able to view their time with the kids as pure fun, and they play with an energy and abandon mothers rarely experience.

Certainly, the extent to which you can enjoy your children has a lot to do with how much stress you're going through in other areas. "There's no question that the responsibility of caring for kids demands an enormous amount of psychological and emotional strength," says Nancy Samalin, director of the Parent Guidance Workshops, in New York City, and author of *Loving Your Child is Not Enough* (Penguin, 1988). "But ironically, learning to enjoy your kids can actually help you ease that stress." Here's how to make your time with your children more joyous:

1. Bring your children into your life. The bulk of the time we're with our kids, we're doing other things: cooking, cleaning, running errands. It makes sense, then, to turn these activities into fun times for the whole family.

When Judith Post, thirty-six, a dentist in Montclair, New Jersey, opened her own practice two years ago and began working full-time, she gave up her late-night solo grocery runs in f vor of food shopping with her two chi dren, Ben, eight, and Sunny, si "Maybe it takes a little longer, but th is one activity that has to be done an way, so I figured, why not do it toget er and make it fun?" Post says. "I l the kids pick out fruit and cereal, an if there's a cute bubble bath they lik I buy it." Post also lets her kids he put groceries away. "The secret making it fun," she says, "is not worr ing too much about where items en up or how neatly they're stacked."

Making judicious trade-offs is anot er way to bring your children into yo life. Parent expert Galinsky uses th deal-making technique on vacatio with her own children, now sixte and twenty-one. "We have a mornin meeting, and everyone picks one thin they really want to do that day. W may not like one another's choices, b we're supportive," she explains.

2. Learn how to talk to your children. course, you'll have to break throug that parent-child conversational stal mate—"What did you do in school t day?" "Nothing." The first trick e perts recommend: Don't ask the what they did in school!

"Children don't respond well to d rect questions," says Nancy Samali "If your child comes home and lool upset and you ask what's botherin her, that may be too general for yo child to respond to. It's better if y query her about something very spec ic: 'What's the worst thing that ha pened to you before lunch today?' phrase it as a nonquestion: 'I wond what's bothering my only seven-yea old daughter.'"

Talking to a very young child quires special skills. You have to sl down and key into her knee-high vi of the world. "Stop trying to list with one ear while you scan the nev paper or make a list of things to tomorrow," advises Galinsky.

What if all your tender proddi doesn't yield results? Trust that yo children will reintroduce the subj —on their own schedule, advi Samalin. "The best conversations initiated by the child—often at worst time for you." The trick here to be sensitive enough to your child know whether the discussion has take place right then—in which c you really should put aside your ot concerns and listen—or whether something that can wait.

3. Nurture family rituals. We can no lon take for granted the family ritua our own childhoods: nightly din around the dining-room table. "W like to eat together every night, bu doesn't happen," says Judith P "But Friday night *(continu*

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■ ENJOY YOUR KIDS
continued

without fail we have a family dinner. We plan for it all week long. I cook a big meal and bake bread, which the children have braided. We go around the table telling the best and worst things that happened to us that day, and all of the children really look forward to taking their turn."

Holidays are the perfect time for creating annual family rituals that reinforce bonds and sustain memories. When her children were small, Jackie Melton, fifty-six, a mother of thirteen from Arcadia, California, began the Thanksgiving tradition of allowing one of the children to cook the turkey. Everyone, toddlers included, signed up for his own job. "Year after year, each child has taken his turn cooking the turkey, and now even the grandchildren participate," Melton says. "The whole family still signs up for what they want to do, and the older ones teach the younger ones—and it's much less work for me."

4. Learn to share feelings—good and bad. Of course you can enjoy your children more if you establish an intimacy with them—but you can't do that unless you can acknowledge that they, too, have a right to all kinds of feelings: happy and sad, angry as well as nice. For many of us, the first step is to learn to express our own feelings in a constructive way. This can be particularly difficult for fathers, notes Ron Levant, Ed.D., co-author of *Between Father and Child* (Viking Penguin, 1989). "Men are trained to tune out the vulnerable end of the emotional spectrum, which makes for adults who often don't know how they feel and find it hard to decipher what's going on inside their kids' heads."

5. Spend time away from your kids, too. Anything that puts us on duty twenty-four hours a day, seven days a week, is bound to become drudgery in time. If money or schedule constraints prohibit taking an evening or weekend off on a regular basis, there are still ways to schedule adult time into everyday life. Jone Fulkerson, thirty-six, of Portland, Connecticut, mother of Libby, six, and Charley, four, gets together regularly with the families of her sister and brother, who live nearby. "The adults can relax and trade off chasing the little ones, and it's wonderful to see the cousins picking up on this strong family feeling." Another good idea: Fulkerson and her siblings trade off overnights with each other's kids.

6. Don't overschedule. In the spirit of togetherness, many of us go overboard, clocking in so many activities on we ends or holidays that everyone wi up exhausted and cranky. In fa keeping it simple can actually b relief, adds Samalin. "Enjoym doesn't have to be something you b tickets for," she notes.

When both parents work and c dren are in day care or school, a r treat for all may simply be to s home and hang out. My own dau ter's notion of the ideal holiday is us to stay in our nightgowns till no watch TV together and eat a rela dinner while we play a board game fact, my husband and I incorpora her preferences into our now-traditi al Christmas Day celebration: no p ties, no guests, no visiting. Just family having fun at home.

7. See the world through their eyes. Ad ing a child's-eye view can not only h you understand your kids better, it news your own sense of wonder. "I joy my kids most," says Jone Full son, "when I can get on their wa length. If I'm drawn into someth they're doing—if I overhear Cha reading himself a book, putting words into a four-year-old's l guage—then it's a pleasure to get volved at my own speed or to be en tained by simply observing."

But sometimes we try so hard

o the right thing, that we forget to imply have fun. "When I first became parent," recalls Samalin, "I felt I had o be teaching them things all the me. I was so earnest, I was unable to njoy their silliness and spontaneity."

Forget the shoulds, the musts. We're programmed to demand so much of ourselves: I should straighten up the living room . . . I should take my kids to he park this afternoon . . . and the iggest should: I should be a fantastic arent/worker/housekeeper/lover, too.

But even if we've wised up enough ot to fall for *that* one anymore, there's nother should that often gets in the ay of really enjoying our kids: the elief that as loving parents, we ould enjoy the endless paper-doll ames or finger puppets or whatever ur kids want us to do over and over gain. "That kind of guilt is usually iggered by a set of unmet expectaons we have for ourselves, or someone else has for us," says Susan Jinsberg, Ed.D., director of the Work and amily Life Seminar Program at Bank reet College of Education, in New ork City. Rather than berating yourlf for not liking an activity, try negoating: It's fine to say, "Candyland is ot my favorite game. Let's play it ice, then I'll teach you a new game." emember, too, that rules can be broken. One of the most wonderful evenings I've ever had with my older child took place a few months before her baby brother was born, when I took her out for a special dinner. On the way to the restaurant, we passed a fancy candy store. "We can buy something here after dinner," I told her, as my mother had often told me. And then I had an inspiration. Why not buy some candy *right now*? Why not do what she *really* yearned to do, what I've always wanted to do myself? Why not eat dessert first?

We each chose a hefty bag of our favorite candy and strolled through the village, giggling with every bite. We had a terrific dinner, all the more so because we were both so happy. And this dessert-first dinner has become a tradition for us whenever we can manage a mother-daughter outing. ■

THINGS YOU NEVER THOUGHT TO DO TOGETHER

■ **Throw a big family party. Everyone gets to invite two guests, and everyone pitches in.**

■ **Plant a garden. Winter is the perfect time to launch such a long-term project. Half the fun is browsing through gardening books and drawing up plans now; come spring, start seeds indoors to be transplanted when the weather warms.**

■ **Trace your family history. Children can interview older family members with a tape recorder and camera. The whole family can put the photos in an album or draw a family tree.**

■ **Visit your hometown. If you or your parents no longer live in the place where you grew up, taking your kids on a tour of childhood haunts can be terrific fun.**

■ **Take a walk. Remember when you were a kid and you couldn't understand why grown-ups liked to sit around and just talk? Well, your kids can't understand it either. What's more, since kids tend to be more talkative on their feet, a nightly walk can be a nice catch-up time.**

■ **Invent a game. Private games skewed to your own and your kids' interests can be great fun. Because our family travels a lot, my daughter and I have devised a car game we call Half Dozens. We go through the alphabet, thinking up six examples for different categories: six things to eat that start with the letter A, for example.**

■ **Rekindle your childhood passions. Whether you loved collecting stamps, running toy trains, fishing or playing baseball, picking up an old hobby with your child can be a good way to find an activity that engages both of you.**



MEDINEWS

A special edition of Medinews, on some of the very latest and most exciting developments in women's health. **By Joan Lippert**

MUSCLE UP!

Pumping a little iron may do a lot for your physical *and* mental health. Experts at the University of Florida Center for Exercise Science, in Gainesville, say that in addition to helping preserve lean body tissue, working out with weights helps maintain strong bones and reduces the risk of injury during sports and other types of exercise. There are some psychological benefits as well. According to Charlotte A. Tate, Ph.D., professor of pharmacology at the University of Houston, "Strength training can have a remarkable effect on self-image—especially for women, who have played the role of the weaker sex for too long." Many experts recommend working out with free weights or weight machines at least twice each week. As always, be sure to check with your doctor before starting any exercise program.



Joan Lippert, a free-lance writer based in New York, writes frequently for Ladies' Home Journal.

A BETTER BONE-BUILDER

There's new help for sufferers of osteoporosis, the degenerative bone ailment that leads to fractures in many postmenopausal women: Etidronate, a nonhormonal medication used for years to treat the rare bone disorder Paget's disease, has been shown to increase bone density in osteoporosis patients. In a recent study at Emory University, in Atlanta, women who took etidronate pills had a 50 percent lower spinal-fracture rate than did a control group. Etidronate seems not to have any of the drawbacks of three other medications used to treat osteoporosis. One, the hormone estrogen, is not appropriate for women who've had breast cancer, because it may increase their chances of experiencing a recurrence. Calcitonin, a hormone, is costly and requires frequent injections. The compound sodium fluoride builds bone mass, but the bone may remain fracture-prone. While some doctors now prescribe etidronate for osteoporosis, this use has not been officially approved. Experts caution that etidronate should be prescribed only by doctors familiar with its recommended dosage.

EASING MONTHLY MISERY

We've all heard that endorphins—brain hormones that can reduce pain and induce feelings of well-being—can create a so-called runner's high. Now researchers are finding that regulating endorphins may also ease the moodiness and inability to concentrate that plague many women who suffer from premenstrual syndrome (PMS). In a study of twenty PMS sufferers at the Mayo Clinic, in Rochester, Minnesota, C. James Chuong, M.D., now at Baylor College of Medicine, in Houston, found that the drug naltrexone blocked a severe drop in endorphin levels around the time of ovulation, at the midpoint of a woman's cycle. Following treatment, over two thirds of the patients reported significantly fewer symptoms than usual. The U.S. Food and Drug Administration has already approved naltrexone for use in preventing relapse in former heroin addicts by blocking the "high" produced by the drug. Some physicians are also prescribing it for severe PMS. Chuong plans to conduct additional studies on the drug during the next few years.

SOLVING A CHEST-PAIN MYSTERY

Each year, thousands of women suffering from chest pain undergo coronary angiography—special X-rays of the heart's arteries—to determine if they have cardiac disease. About 20 percent have normal angiograms, leading doctors to dub their condition "causeless chest pain." Now, thanks to newer, more sophisticated tests, researchers believe they've finally found the cause of the mysterious pain. It's microvascular angina—abnormal tightening of vessels too tiny to be seen on a conventional angiogram. In an ongoing study that includes 144 women with chest pain, done at the National Heart, Lung and Blood Institute (NHLBI), in Bethesda, Maryland, 71 percent showed evidence of the disease (the others may be suffering from heartburn or anxiety). According to NHLBI investigator Richard O. Cannon III, M.D., the condition—which affects three times as many women as men—is usually harmless; however, a few patients show evidence of heart-muscle damage. Once diagnosed, microvascular angina is generally treated with drugs that dilate blood vessels and prevent pain.

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THE HEALERS

A worldwide salute to the women who give comfort, care and good health to us when we need it most. From the new book *The Power to Heal.* **By Rick Smolan, Matthew Naythons, M.D., and Phillip Moffitt. Essay by Barbara Ehrenreich**



Frances Wavrek, a Red Cross volunteer and retired nurse in Quincy, Illinois, says, "The nurse's cap is your dignity. Today nurses don't like to wear it like they used to. I tell them to put it on; otherwise patients don't know if it's a nurse or a cleaning woman who's come to take care of them."

Women have always been healers in the home—the first resort against illness or disease. Today, as always, mothers are expected to be alert to the signs of illness, to nurse the sick and take care of the health needs of their families.

Traditional female healing was markedly different from the professional medicine that by and large replaced it. Women healers such as midwives were not formally trained; they learned their skills from other women, often their mothers and grandmothers. They undertook healing because of a sense of community responsibility or even a divine calling.

In the early *(continued)*

Excerpted from the book THE POWER TO HEAL by Rick Smolan, Matthew Naythons, M.D., and Phillip Moffitt. Copyright © 1990 by the RxMedia Group, Ltd. Reprinted by permission of Prentice Hall Press.



Using medicine's human touch to bridge several generations, Leila Denmark, M.D., born in 1898, peers into the ear of her patient, Rebekah De Avila, born in 1989. Denmark, who said she'll practice medicine "as long as I'm able," was the third woman ever to graduate from the Medical College of Georgia, in Augusta



(continued) twentieth century, midwifery was outlawed in many states in the U.S. Before then, doctors had campaigned against the admission of women to medical schools. They theorized that women's intellect was too small and their bodies too delicate for the rigors of medicine. Most women were steered toward less powerful and less lucrative roles in nursing. As a result, as recently as 1970, fewer than 10 percent of American doctors were female.

In the last two *(continued)*

Lisa Bresnahan demonstrates for cancer patients the power of emotion in coping with illness. Bresnahan became a leader of a cancer support group after her husband died of lung cancer three years ago

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Using medicine's human touch to bridge several generations, Leila Denmark, M.D., born in 1898, peers into the ear of her patient, Rebekah De Avila, born in 1989. Denmark, who said she'll practice medicine "as long as I'm able," was the third woman ever to graduate from the Medical College of Georgia, in Augusta



(continued) twentieth century, midwifery was outlawed in many states in the U.S. Before then, doctors had campaigned against the admission of women to medical schools. They theorized that women's intellect was too small and their bodies too delicate for the rigors of medicine. Most women were steered toward less powerful and less lucrative roles in nursing. As a result, as recently as 1970, fewer than 10 percent of American doctors were female.

In the last two *(continued)*

Lisa Bresnahan demonstrates for cancer patients the power of emotion in coping with illness. Bresnahan became a leader of a cancer support group after her husband died of lung cancer three years ago

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(continued) decades, however, American women have been reclaiming their traditional role as healers. Today almost 40 percent of American medical students are female, and the nursing profession has been demanding an expanded role and greater autonomy. Also, midwifery has undergone a striking revival.

As medicine becomes ever more specialized and technologically sophisticated, it is losing touch with the emotional and psychological needs of the patient. The profession has lost much of the traditional healer's sense of spiritual commitment and community responsibility. With the help of today's women healers, there's hope that the soul and conscience of modern medicine will be revived.



Health worker Linda Duane checks up on a patient while on her daily rounds through the Navaho reservation in northern Arizona. She's not permitted to distribute medicine, so she must take along a nurse if there's an emergency

Siobahn Magner, a nurse in training at St. Vincent's Hospital, in Dublin, Ireland, talks with Neta Shortall

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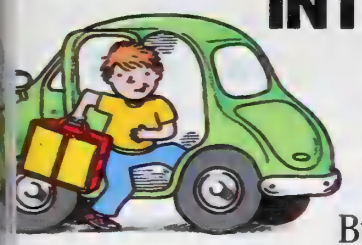


Project Orbis, the world's only flying teaching hospital of ophthalmology, unloads its cargo of doctors and nurses in Khartoum, capital of Sudan. The doctors teach their local colleagues the latest surgical procedures and donate medical supplies and educational materials. The jet includes an examination and laser treatment area, an operating room, recovery room, a classroom and a library

Ellen Mahoney, M.D., a surgeon, started her career as a physical therapist, but, she says, "once I had someone's life in my hands, I knew surgery was for me. It's a dance. You move quickly, constantly."

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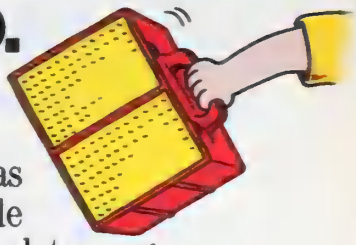


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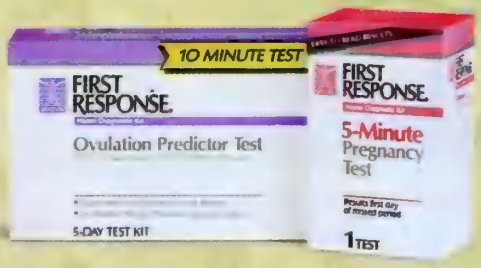
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THE TAKE-CHARGE PATIENT

No longer are women simply following doctors' orders; they're active participants in their own treatment. A report on the revolution in the waiting room—and how you can make difficult health-care decisions. **By Andrea Atkins**

Ann Cross was relieved when her doctor said there was a 99 percent chance that the lump in her right breast was benign. But the forty-nine-year-old family therapist from Cazenovia, New York, soon found out that odds are not guarantees. The lump was cancerous, and she had to choose either a mastectomy or a lumpectomy followed by radiation. Doctors told Cross that her chances of surviving would be about the same with either, so she made her decision quickly. "It seemed clear to me that I'd go for the treatment that would save my breast," she says.

The next decision was harder: whether to undergo chemotherapy as a follow-up to the lumpectomy and radiation. None of the doctors, friends or patients Cross consulted could provide her with convincing evidence that, in her case, the often-grueling treatment would boost the chances of recovery. She decided against chemotherapy—although she remains uneasy about the decision. "I wished somebody would intervene," says Cross. "I wanted someone—like my father, maybe—to say, 'Everything's going to be fine if you just do these things.' But no one did."

The option explosion

Like Cross, more and more women are discovering that doctors are not omniscient father or mother figures who will always dictate the right treatment. And





as the number of medical choices for women has multiplied in the past decade, what were once standard procedures are no longer automatically performed. Consider these statistics:

■ The number of women choosing lumpectomies over mastectomies increased from less than 23 percent in 1983 to over 34 percent in 1987, according to the National Center for Health Statistics.

■ The rate of hysterectomies has declined, from 8.8 per thousand women annually in 1975 to 6.6 per thousand in 1987—the latest year for which statistics have been compiled—in *(continued)*





Patient power, clockwise from top left: Shirley Mulcahy (left) with menopause expert Cynthia Stuenkel, M.D.; Mary Tullie Critcher with cancer specialist George Blumenschein, M.D.; hysterectomy patient Mary Thomas (seated) with Darla Van Heerde, M.D.; and cancer survivor Ann Cross

part because women have begun to demand alternative procedures that leave the uterus intact.

"Women are better consumers than they used to be," says Nancy Brinker, who founded the Susan G. Komen Foundation for breast-cancer research, treatment and education in memory of her sister, who died of the disease.

What accounts for this new assertiveness? Many experts cite the increasing number of treatment options and the feminist movement, which encouraged women to take charge of their own medical decisions. Another factor is the health-insurance industry, which is trying to cut costs by eliminating unnecessary medical procedures and, often, by requiring a second opinion.

Experts warn that having a say in your treatment doesn't mean ignoring your doctor's advice. Rather, it means researching all the latest findings, examining the options and talking with other women who have undergone the procedure that you're considering.

"Knowledge prevents you from receiving treatment that's not in your best interests," says Jimmie C. Holland, M.D., chief of psychiatry at New York City's Memorial Sloan–Kettering Cancer Center.

As these case histories show, taking charge of one's own treatment can be challenging and frustrating, but it is ultimately one of the best things a woman can do for herself.



HYSTERECTOMY: "I'm glad I did it"

From ages twenty-seven through thirty-five, Mary Thomas lived one week of every month in fear. Like a kitchen timer ready to ring, her ovaries set off a sharp pain each time an egg was released. "It was paralyzing," says Thomas, a mother of three, from Esko, Minnesota. And after the initial half hour of agony had passed, she spent two weeks of each month feeling achy and bloated.

None of the doctors she went to could help her, until or prescribed birth control pills, which inhibit ovulation. The seemed to relieve the pain. But since Thomas was a smoke doctors soon advised her to stop taking the Pill, because can pose health risks to women over age thirty-five, esp cially if they smoke. Once she stopped taking the Pill, th pain returned. After ruling out endometriosis (a conditio that develops when tissue from the uterine lining grow outside the uterus) and other possible causes, doctors cou only give a dia nosis of seve ovulatory pa and recomme a hysterectom Thomas, now thi ty-seven, hesita ed, concerned th it might make h grouchy or ru her sex life. "I h heard only neg tive things abo hysterectomies she says. "But felt I might well not live if n life was going revolve constant around this pai

After doing a l of reading a talking with sympathetic ph sician, she decid to go ahead wi the operation. T years ago, docto removed her ut us and ovari and within weeks, Thom had resumed h normal activiti She now receiv hormone-replac ment therapy a has not suffer any more pain.

Too many hy terectomies?

Thanks to her search, Thom was able to ma an informed de sion about hyst ectomy. Some c ics contend, ho ever, that th sands of other women don't get the same chance. The critics, including Nora W. Coffey, president of the Hysterec my Education Resource Service (HERS), say that far many of the six hundred thousand hysterectomies p formed annually in the United States are unnecessa They point out that the number of hysterectomies var widely from region to region: In 1988, according to National Center for Health Statistics, 7.3 of every one th sand women living in the South had hysterectomies, co pared with only four of every thousand living *(continu*

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(continued) in the Northeast.

Medical authorities say these figures reflect differences in physician training. But Coffey has accused some doctors of getting rich by performing unnecessary hysterectomies. Criticism of the surgery became so heated that the American College of Obstetricians and Gynecologists (ACOG) formed a task force to study the issue. Although its chairman, George W. Morley, M.D., is reserving final comment until the report is released later this year, he says that public pressure has made some doctors too conservative in recommending hysterectomies.

Equally controversial: whether doctors should remove a woman's ovaries as well as her uterus during a hysterectomy. To eliminate the risk of ovarian cancer, some doctors recommend removal of the ovaries for women over forty-five who undergo the operation. But other experts point out that women face less than a 2 percent risk of developing ovarian cancer.

How can a woman decide if a hysterectomy is right for her? Undoubtedly, it is often the only choice if a woman has a malignancy or precancerous condition. But in other cases—for example, when a patient has large uterine fibroids (noncancerous tumors), endometriosis or pelvic inflammatory disease—there are several alternative procedures now available:

■ *Myomectomy for fibroids* Using a knife or laser, only the fibroids are removed, leaving the uterus intact and enabling women to become pregnant. Unfortunately, many doctors are unwilling to consider myomectomy, in part because it can be a much more difficult operation than hysterectomy.

Laser surgery may also be used to curb excessive bleeding by destroying the lining of the uterus. However, many doctors don't know how to perform this procedure; the ones who do sometimes hesitate because lasers generate a great deal of heat, which can destroy too much tissue and cause other complications.

■ *Resectorscope* This device uses electricity or lasers to remove the uterine lining or pare down fibroids and curb excessive bleeding.

■ *Hormone therapy* This treatment may be used to shrink fibroids; however, the growths may return once therapy is stopped.

If every alternative has been explored and a woman does decide to have a hysterectomy, she should be aware of the risks. It is a serious proc dure that requires general anesthes and a six-week recovery period. Sor patients—especially those who ha had their ovaries removed—may suff postoperative effects such as bone a joint pain, depression and decreas sex drive. These symptoms—and t increased risk of heart disease and teoporosis associated with lessened trogen production—can often be eas with hormone-replacement therapy.

But some patients are glad they h the operation despite the risks. Ma Thomas, in fact, wishes she'd had done five years earlier. "Life is much better for not having the pai she says.

HORMONE-REPLACEMENT THERAPY: "I feel fine"

When a friend asked Shirley Mulca to accompany her to a seminar on h mone-replacement therapy (HRT), treatment that combats uncomfortab menopausal symptoms, she didn know she'd be doing herself a fav But two years after attending th seminar at the medical clinic of t University of California at San Die (UCSD), Mulcahy, fifty-three, enter menopause. The first *(continue*

HYSTERECTOMY AND ITS POSSIBLE ALTERNATIVES

Below, the most common conditions for which a hysterectomy might be recommended, and some options to discuss with your doctor.

CONDITION	WHY RECOMMENDED	POSSIBLE ALTERNATIVES
FIBROID TUMORS Growths in the uterus, which are almost always benign	For large or rapidly growing growths; persistent symptoms such as abnormal bleeding or pain; pressure on the bladder	No treatment (symptoms may ease at menopause); hormonal drugs; surgical removal (myomectomy); removal of endometrium (uterine lining) or tumors with resectoscope, using laser or electric current
ENDOMETRIOSIS Fragments of endometrium grow outside the uterus	Because of persistent pain, presence of large ovarian cysts	Hormonal drugs to arrest disease progression, ease pain or make surgery easier; removal of deposits with laser; surgical removal of adhesions
UTERINE PROLAPSE Uterus drops due to loss of ligament support	Because of persistent discomfort; ulceration of the cervix when accompanied by prolapse of bladder and rectum	Ring-shaped object, called a pessary, inserted through vagina to keep uterus in place; surgical suspension of uterus
ENDOMETRIAL HYPERPLASIA Abnormal cell increases or changes in the uterine lining	Because there is a 25 percent risk that the condition will progress to uterine cancer	If cells are not abnormal, hormonal drugs may arrest or reverse condition
PRECANCEROUS CONDITIONS As shown by abnormal Pap test results	If cell changes are accompanied by fibroids or other problems; if condition recurs after removal of abnormal cervical tissue	Cone biopsy; lasers, cryosurgery (freezing)
DYSFUNCTIONAL UTERINE BLEEDING AND/OR CHRONIC PAIN	If condition is unresponsive to other treatment, particularly if woman does not want more children	Hormonal drugs; removal of endometrium with resectorscope

Source: Sherry Blumenthal, M.D., Albert Einstein Medical Center, Philadelphia; and Abington Memorial Hospital, Abington, Pennsylvania



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■ TAKE-CHARGE PATIENT
continued

seven months without periods went smoothly. Then one day in July 1988, she began to feel headachy and dizzy. Her period resumed, continuing for twenty-one days.

After making sure that Mulcahy's symptoms were the result of hormone imbalances, her gynecologist prescribed progestin, a synthetic form of the hormone progesterone. A week later, he added estrogen, the main hormone produced by the ovaries before menopause, and four days later the bleeding stopped. Gradually Mulcahy's other symptoms also disappeared. But five months later, she had the first of several episodes of prolonged bleeding. Her doctor said she was probably stressed and that her symptoms were most likely unrelated to her drug therapy.

That didn't make sense to Mulcahy, so she called Sonia Hamburger, M.D., the leader of the UCSD seminar, in an effort to find a new doctor.

Hamburger referred her to Cynthia Stuenkel, M.D., medical director of UCSD's comprehensive menopause program. Stuenkel cut Mulcahy's estrogen dose by 50 percent and later halved her progestin dose as well.

The adjustments eased Mulcahy's symptoms, and ten months later, she is satisfied with the program she's following. She still bleeds lightly each month, as is usual for some women on HRT, but says it doesn't bother her. And though she's concerned about possible side effects, especially a possible link between the treatment and breast cancer, Mulcahy says that for her, the benefits outweigh the risks. She regards her therapy as a long-term commitment, but is working with her doctor to see if she can reduce her dosage even further and still remain symptom-free.

Making the choice

Doctors estimate that between 10 and 15 percent of menopausal women currently receive HRT—via pills, skin patches, vaginal cream or *(continued on page 172)*

QUESTIONS TO ASK YOUR DOCTOR

HYSTERECTOMY

■ What risks do I face if I don't undergo a hysterectomy? ■ What are the alternative treatments, and what are the advantages and disadvantages of each? ■ How many hysterectomies have you performed? ■ Will the incision be made through the abdomen or the vagina? What are the risks of the operation, and how long is the recuperation period? ■ What physical and psychological side effects can I expect following this operation? ■ Will I need HRT afterward?

HORMONE-REPLACEMENT THERAPY

■ What type and dose of hormones best suit my condition and medical history, and why? ■ What risks do I face if I don't undergo HRT? ■ Are there other safe, effective ways to treat my symptoms? ■ What are the side effects of the regimen you're recommending?

BREAST CANCER

■ Do you specialize in breast cancer? If not, can you recommend a surgeon who does? ■ What size is the tumor, and are any lymph nodes involved? ■ Is it possible to do a lumpectomy instead of a mastectomy—if not, why not? ■ If I undergo a mastectomy, what kind of reconstruction surgery do you recommend: a silicon or saline implant or flap surgery, which uses skin from the abdomen, buttocks or thighs? ■ For which patients do you recommend additional therapy (like chemotherapy, hormonal drugs or a combination of both)? ■ Is my tumor stimulated by estrogen? If so, should I take tamoxifen, which combats the effects of estrogen?



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(continued from page 168) injections—to combat the hot flashes, insomnia, vaginal dryness and mood swings that often accompany menopause. But although it has been prescribed in the United States for several decades, HRT has undergone many changes since its introduction. At first it consisted only of an estrogen dosage. However, in the 1970s, researchers discovered that the use of estrogen alone could increase the risk of uterine cancer. As a result, they added progestin to protect the uterus. And instead of prescribing a uniform dosage of each hormone, they varied it in accordance with each woman's needs.

In addition to easing the symptoms of menopause, HRT helps prevent the bone loss associated with osteoporosis. Estrogen used alone can also fight heart disease by helping to maintain high levels of HDL, the "good" cholesterol, while lowering LDL, the "bad" cholesterol.

Despite its advantages, HRT is controversial. Some research suggests that there is a connection between long-term HRT and the development of breast cancer; but other studies suggest that HRT may actually *protect* against breast cancer.

Experts generally agree, however, that women who have a history of breast or uterine cancer, unexplained vaginal bleeding, liver disease or blood clots should avoid HRT. On the other hand, women at high risk of developing osteoporosis or heart disease are often good candidates.

Any woman who is considering this treatment should weigh the risks and benefits with her doctor (for the questions you need to ask, see page 168).

Doctors admit that there are still unanswered questions about the treatment's long-term safety. Answers may come from a three-year study now under way called Postmenopausal Estrogen/Progestin Interventions (PEPI). Funded by the National Institutes of Health, PEPI will study eight hundred forty women, examining the effect of HRT on heart-disease risk factors.

MASTECTOMY: "I made a good decision"

After finding a lump in her right breast in December 1988, Mary Tullie Critcher, a forty-four-year-old Dallas homemaker and mother of two teenage sons, had a difficult time finding out if it was malignant. Her surgeon ordered a sonogram and a mammogram, but the radiologist who performed the tests said they weren't conclusive, and her surgeon suggested that Critcher monitor the lump and return for further examination in six months. Two months later, however, the lump was "the size of a lemon," Critcher recalls.

Critcher's surgeon finally performed a biopsy that revealed she had advanced breast cancer. He recommended an immediate mastectomy, b Critcher, who felt mistakes had already been made in her care, consult two other doctors and chose one as h surgeon. They told her that the lat treatment for fighting large tum like hers was different: immediate ch motherapy followed by mastectomy. fact, the cancer specialist recommen ed by Critcher's new surgeon stuck chemotherapy needle in her arm t minutes after she walked into his fice—with almost no discussion.

The doctor's abrupt methods a gered Critcher, and she did not retu for further treatment. "Too many d tors treat patients like file folders not like they'd treat their wives, mo ers or daughters," she says. "But wh you take over, you demand the b treatment."

Critcher's take-charge program cluded talking to other breast-can patients over a two-week period. Fr them she got the name of George B menschein, M.D., of Arlington, Tex known for his aggressive breast-can treatments. Unlike other doctors sh seen, Blumenschein believed s would survive. That—and the fact th he treated her like an equal—c vinced Critcher that he was the rig doctor for her.

What followed was a lengthy ord that included two months of cher therapy, followed by a mastector more chemotherapy, six (continu

HORMONE-REPLACEMENT THERAPY

Up to 15 percent of menopausal women receive hormone-replacement therapy (HRT). Below, some of the treatments currently available

TYPE OF TREATMENT	RECOMMENDED FOR	ADVANTAGES	POSSIBLE DISADVANTAGES
ESTROGEN PILLS	Women who have had uterus and ovaries removed	Lower risk of heart disease and osteoporosis	Bloating, breast tenderness nausea; can speed growth o some breast cancers; may in crease uterine-cancer risk; may aggravate gall-bladder disease
ESTROGEN PLUS PROGESTERONE PILLS	Patients with menopausal symptoms; or menopausal women at high risk of heart disease or osteoporosis	Lessens possible increased risk of breast and uterine cancer associated with estrogen alone	Progesterone may counterac estrogen's benefits in prevent ing heart disease. Occasiona bloating or PMS symptoms uterine bleeding
ESTROGEN PATCH (WITH OR WITHOUT PROGESTIN) Skin patch applied once a week to stomach or back; estrogen absorbed into blood	Those who prefer to avoid taking oral medication daily	Convenience	Occasional skin irritation
ESTROGEN CREAM Applied directly to vagina	Those with vaginal dryness/irritation who are not interested in other benefits of estrogen	Fewer "nuisance" side effects (like bloating); possibly faster and increased relief locally	Messy; some estrogen may be absorbed into blood, requiring progesterone to be administered to prevent uterine cancer

Source: Sherry Blumenthal, M.D., Albert Einstein Medical Center, Philadelphia; and Abington Memorial Hospital, Abington, Pennsylvania

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(continued) and a half weeks of radiation and still more chemotherapy. Critcher lost her hair twice, and was so ill from the drugs that at one point she considered giving up. But she didn't, and her last chemotherapy session was in January 1990. The following month, tests showed no trace of cancer. Last summer she underwent breast reconstruction, and every three months she is tested to be sure she is still healthy. The tests, which will continue for at least several years, are frightening, but, Critcher says, "I'm too afraid *not* to go."

Still, she's satisfied with the course of treatment she's chosen. Until her illness, Critcher had never considered herself the type of patient to question a doctor. Now, she says, she's changed. "If I'd been more aggressive [from the start], I would not have let the cancer progress to the stage it did."

The new vigilance

As Critcher's story shows, doctors often disagree about how to treat breast cancer. That's not surprising, since there is a wide variety of treatments for the disease, including drugs, surgery and radiation, used either alone or in combination.

When faced with a breast-cancer diagnosis, the best thing to do is start asking questions, stresses Anne Moore, M.D., of New York Hospital's department of hematology and oncology (for a list, see page 168).

Experts also say that a woman's emotional state helps determine how she chooses to treat her disease. Women who know what they want—or don't want—are more likely to feel they have control over their treatment. "I've had women say, 'Nobody's going to take my breast off.' It's easier to deal with someone who has a clear-cut philosophy," says Blake Cady, M.D., chief of surgical oncology at New England Deaconess Hospital, in Boston.

As medicine becomes increasingly complex, and as the number of treatments grows, it will be even more important for women to help determine the course of their health ca Many believe this can only work women's best interests. Says Nan Brinker, "We shouldn't think of it more complicated and confusing, l rather as more vigilant health care."

Andrea Atkins, a New York City wr er, has a special interest in health.

WHERE TO GO FOR HELP

HYSTERECTOMY: Hysterectomy Education l sources and Services (HERS), 422 Br Mawr Avenue, Bala Cynwyd, l 19004; 215-667-7757.

HORMONE-REPLACEMENT THERAPY: No American Menopause Society, c/o Dept. Ob/Gyn, University of Cleveland, 2(Abington Road, Cleveland, OH 441(**BREAST CANCER: The Susan G. Komen Fo dation,** 6820 LBJ Freeway, Suite 1 Dallas, TX 75240; 800-462-9237. **tional Cancer Institute,** Public Inquiri Building 31, Room 10A24, 9000 Ro ville Pike, Bethesda, MD 20892; 80(CANCER.

TREATING BREAST CANCER

There are many promising developments in breast-cancer treatment. Doctors are now trying a variety of innovative regimens—inclu surgery plus hormone therapy *and* chemotherapy. Below, a sampling of treatment options.

TYPE OF TREATMENT	WHEN APPROPRIATE	POSSIBLE SIDE EFFECTS
LUMPECTOMY Tumor removed along with some surrounding tissue. Many underarm lymph nodes usually removed and tested for cancer spread. Usually followed by radiation to breast	For tumors that can be removed with acceptable cosmetic results	Side effects of radiation may include tem rary tiredness, inflammation of the esopha or throat. Lymphatic fluid around the incis may require repeated draining
MODIFIED RADICAL MASTECTOMY Breast is removed along with most underarm lymph nodes. Not usually followed by radiation except when entire tumor cannot be removed and/or many lymph nodes are malignant	For tumors whose location and size make lumpectomy cosmetically unacceptable; for patients who want to avoid the radiation therapy that ordinarily follows lumpectomy	Lymphatic fluid around the incision may quire repeated draining; possible chr swelling of the arm
LUMPECTOMY OR MASTECTOMY PLUS CHEMOTHERAPY Doctors are studying different drug combinations and doses for their effectiveness	For node-positive, postmenopausal women whose tumors aren't stimulated by estrogen, and in premenopausal, node-positive women regardless of whether their tumor is stimulated by estrogen; as a protective measure, many doctors also recommend it for node-negative, pre- and postmenopausal women whose tumors are not stimulated by estrogen	*Of chemotherapy:* Nausea; infections cau by a suppression of blood-cell growth development; hair loss; premature me pause. Postsurgical side effects, as lis above
LUMPECTOMY OR MASTECTOMY PLUS HORMONAL THERAPY Usually the drug tamoxifen, which stops estrogen from stimulating tumor growth	Primarily used for postmenopausal patients with tumors that are stimulated by estrogen regardless of node involvement, and many node-negative premenopausal women with tumors that are stimulated by estrogen	Hot flashes, vaginal dryness and other me pausal symptoms. Postsurgical side effe as listed above
CHEMOTHERAPY BEFORE SURGERY	If tumor is so large that surgery would be cosmetically unacceptable, chemotherapy can shrink tumors so a less-drastic operation is possible; being studied for overall effectiveness in women with smaller lumps	Side effects of chemotherapy, as lis above. Postsurgical side effects, as lis above

Source: Andrew Dorr, M.D., program director of breast-cancer clinical trials, National Cancer Institute; and Anne Moore, M.D., dept. of hematology and oncology, New York Hospital–Cornell Medical



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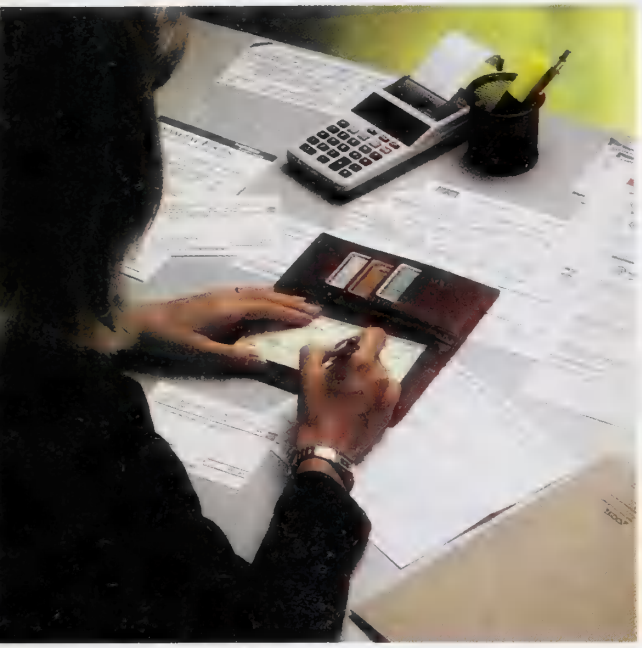
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10 WAYS TO INCREASE YOUR MONEY POWER

In today's troubled and turbulent economy, it's now more important than ever for women to know how to invest their money wisely. Here, a professional financial planner answers your most urgent questions.

By Andrea Rock



Robin Sherwood is a financial planner with Westbrook Financial Advisers, in Norwalk, Connecticut. Sherwood, who earned her MBA in finance from the Wharton School at the University of Pennsylvania, is also the mother of two young girls, so she knows firsthand the problems—and dreams—of working mothers today.

The failures of many savings-and-loan associations are scary enough, but lately I've heard that the Federal Deposit Insurance Corporation (FDIC) backing for commercial and savings banks may be strained by mounting failures. Is a bank a safe place to put my hard-earned money today?

Yes. FDIC insurance still covers up to $100,000 worth of deposits you put into each bank, although Congress and the administration may consider limiting insurance to a total of $100,000 per individual in the future.

If you are really nervous about the safety of your money, however, consider buying U.S. Treasury bills, because the principal and interest are guaranteed to be paid by the government. Treasuries have the added bonus of offering interest free of state and local taxes. You can purchase Treasuries through mutual funds, banks or brokers, or directly through the Federal Reserve.

I have $5,000 worth of rainy-day savings in a bank certificate of deposit. With a recession looming on the horizon, should I keep it there?

In an uncertain economic climate, you want to be ready to respond to change rapidly. So, extremely short-term CDs (with maturities of no longer than three months) or money-market mutual funds (which pool cash from many investors to buy Treasury bills and corporate debt known as commercial paper) can be the best choices. Both of these investments let you take advantage of rising rates while offering you a safe, relatively high return.

Which to choose? It depends on how much liquidity you need. The interest rate on a CD doesn't vary once you've invested in it, but penalties for early withdrawal make that money inaccessible until it matures. Money-market mutual funds quickly reflect the up-and-down movement of interest rates; however, they also offer penalty-free access to your cash at all times. Most even allow you to write checks on your account.

Bank CDs are federally insured, money-market funds are not. Still, money markets are a safe savings choice; no money funds have failed to date.

(continued)

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After seeing all the headlines about real est values plummeting, I feel like I'm living in a m ey-losing investment. Is that really true, and there anything I can do about it?

Owning a home is only partly an investment decision; all need a comfortable place to live. Stories about r estate downturns can make us lose sight of this half of equation, so if you own a home you like in a location yo pleased with, *stop* reading those headlines. You may make a killing in the next five years by staying put, you'll be living in a home you enjoy.

If a job change or divorce will mean selling your hom a loss, consider renting it out now and selling it later. C you've converted your home to rental real estate, it comes investment property, and any loss on its sale offset other income and gains and give you a tax break for buying a new home with the cash from your old one, delaying the purchase for a while; experts say real es prices will go even lower. Don't wait more than two ye however, if you've made a profit from the sale of y former home, or you'll have to pay capital-gains tax.

Providing my kids with a college education always been my dream, but I'm afraid it may be impossible one if college costs continue to go of sight. What moves should I be making now try to meet those costs?

A regular savings program is the way to ensure you'll h funds for your child's education. Four years of college approximately $40,000 now, and experts predict the will increase at 6 percent each year. In ten years, average tab for college will be approximately $71,600 cover expenses for a child starting college in the year 2(you'll need to save $5,434 a year and get an after return of 6 percent for the next ten years.

Stocks are one choice to reach this goal, particular you have more than ten years until your child be college. Over the long term, they historically provide highest return of any investment. Rather than bu individual stocks, consider putting your money into s mutual funds, which pool investor cash to buy and se portfolio of stocks. This approach diversifies your mo and reduces your risk. Most funds offer programs in w a specified amount can be automatically withdrawn f your checking account each month to purchase share you'll be sure to save regularly despite your spending its. Your steady, equal contributions buy more sh when stock prices are down; this process, which is kn as dollar-cost averaging, lowers your per-share over the long run.

Buying shares in so-called no-load funds directly fr sponsor spares you from paying sales commissions that reduce your return. You'll find financial reference boo most libraries that give performance and other informa on mutual funds, and several financial publications, as *Money* magazine and *Barron's*, also regularly funds based on performance. Look for funds with the performance over ten years or more.

Once your child is within five years of college, should lock in your gains from stock funds by cashin your shares and shifting that money to safer alternat like money-market funds and CDs.

Another way to build a college fund is to buy zero-co municipal bonds, which sell at a much lower price th regular bond; interest accrues and is paid to you in a l sum—along with the principal—when the bond matu You pay less up front and still receive a *(contin*

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MONEY POWER
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fixed amount at a specific date. This guarantees you a nest egg down the road—and saves on taxes, too.

Now that income-tax deductions are being phased out for interest on credit cards and other consumer debt, should I consider taking out a home-equity loan to pay any of those debts off, since home-equity credit interest is still fully deductible?

Yes, taking out a home-equity loan to pay off consumer debt usually makes good sense, but always be sure to compare the interest rates you're facing. Don't pay off a low-interest car loan with a high-interest home-equity loan. And since most home-equity loans have variable rates, shop for one with a cap on annual increases and a cap on overall rate increases. To be sure you can handle the payments, calculate how much your monthly payments would be if rates rose to the maximum. And aim to pay off all that debt as soon as possible. In the nineties, debt is out and saving is in.

I'm in my forties now and want to ensure a comfortable retirement. Where's the best place to put my retirement money?

Generally, you want to place your retirement savings in a tax-sheltered alternative such as an IRA, TSA, Keogh, profit-sharing plan or 401K. If you're in a profit-sharing plan, contribute at least until it hurts, because often your contributions are matched by your employer as well as having the advantage of growing tax-deferred. You needn't pay taxes on the money, or its earnings, until you reach retirement age, when presumably your tax bracket is lower. The power of tax deferral over the long term is unbeatable.

Of course, you have many options on where to invest your IRA or other tax-deferred funds. How should you allocate them? Consider your age. If you're forty, you have twenty-five years until you reach sixty-five. But are you going to consume all of your savings at that point? No. In fact, you have a fifty/fifty chance of living to eighty or eighty-five, so you'll need money for the next forty to forty-five years. To meet long-term financial needs like these, you should consider a combination of investments. Most professional pension managers use a fifty/fifty split between stocks and bonds as a guideline (stocks for growth and bonds to guarantee income). A fifty/fifty split between stock and bond mutual funds should be t goal for most pre-retirees.

I'm about to get a $3,000 bon and have been thinking abo taking a bit of a gamble with it the stock market. What types stocks are the best bets now?

Stocks that are the best equipped weather bad economic times are tho with high dividend yields, since t income generated by the yield will o set any drop in value. Companies th deal in consumer nondurables such food, tobacco and soft drinks also us ally fare well in a recession.

With $3,000 to invest, I strongly r ommend that you use a no-load sto fund, which gives you the opportun to diversify among hundreds of diff ent stocks with professional manag ment at very low cost. To make thin simple, you might consider a go quality no-load general growth sto fund such as the Janus Fund (800-52 3713), the Nicholas Fund (800-2 5987) or the Lindner Fund (314-7 5305) and let the professionals dec which industries to invest in now.

At work, I'm offered stock o tions. How do I determine they're a good deal and ho much risk is involved?

Stock options come in a variety forms. The first question to ask whether you can exercise the opt and then sell the stock almost simul neously. If the answer is yes, th there is virtually no risk involved, cause you will make some profit buying at a lower price. But if you required to hold the stock after exercise of the option for a period time, then you face the risk of stock's price dropping during the p od when you're prohibited from selli

Here are some simple suggestion evaluate options in that case. First, how long your money will be tied and consider whether you are comf able with that. Next, get out your culator and figure out what your nancial outcome would be if the st goes down 20 percent during that ti can you afford that risk? Also, lool the rest of your investments. Do already hold a lot of your employ stock through profit-sharing pla Holding a substantial amount o single stock goes against the num one tenet of investing: diversify, di sify, diversify!

Finally, you are in the best positio critically evaluate whether your con ny is a good investment, but you sh also get others' expert opinions. If it publicly traded company, look up stock in the library, in Standard Poor's or the *(continued on page 2*



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THE PLAINS OF PASSAGE

Ayla, the Ice Age heroine introduced in "The Clan of the Cave Bear," is back. Here, she helps and heals, proving again why she's the strongest woman on the prehistoric plains. Read our exclusive excerpt from this eagerly awaited best-seller.

By Jean Auel



Ayla and her lover, Jondalar, are making a great journey to reach Jondalar's home with the Zelandonii people. They're on horseback, accompanied by a wolf they've tamed. On the way, they stop to visit some of Jondalar's friends among the Sharamudoi. The travelers are greeted by the leader, Dolando, and he takes them to see his injured wife, Roshario.

Dolando pushed back a yellow drape of soft leather and held it up so they could enter. Leaving Wolf outside, Ayla and Jondalar stepped inside. Along one wall toward the back was a bed, a wide wooden shelf fastened to the wall on one side and supported by legs on the other, covered by stuffed leather padding and furs. In the dim light, Ayla could just make out a woman reclining on the bed. The woman opened her eyes.

"Roshario, look who's here! Jondalar has come back," Dolando said to her.

"Jondalar?" Roshario said. "Is it really you, not a dream?"

"It's not a dream," Dolando said. "He's really here. He brought someone with him. A Mamutoi woman. Her name is Ayla." He beckoned her forward.

Ayla walked toward the woman. That she was suffering great pain was immediately apparent. Beneath a light cover, Ayla could see that her arm, between the shoulder and elbow, was bent at a grotesque angle.

"In the name of the Mother, you are welcome, Ayla of the Mamutoi," Roshario said, trying to rise, then giving up and lying back again. "I am sorry I cannot greet you properly."

"In the Mother's name, I thank you," Ayla said. "There is no need for you to get up." Then turning to Jondalar, Ayla said quietly, "I'm afraid it could be very bad. I want to examine her."

"Roshario, Ayla is a healer. She would like to look at your arm," Jondalar said.

"I think it's too late, but she can look," Roshario said.

Ayla uncovered her arm. Some attempt had been made to straighten it, and a wound had been cleaned and was healing, but it was swollen and bone protruded beneath the skin at an odd *(continued on page 190)*

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PLAINS OF PASSAGE

continued from page 184

angle. Ayla felt the arm, trying to be as gentle as she could. The woman winced but did not complain. Ayla looked in Roshario's eyes, smelled her exhalations, felt the pulse in her neck and in her wrist, then sat back on her heels.

"It's not properly set. I don't think she will have the use of that arm the way it is, and it will always cause her some pain," Ayla said.

"Can you do anything?" Jondalar asked her.

"I think so. It may be too late, but I would like to try to rebreak the arm where it is healing wrong, and set it right. The problem is that where a broken bone has mended, it is often stronger than the bone itself. It could break wrong. Then she'd have two breaks, and more pain for nothing."

There was silence. Finally Roshario spoke. "I won't have the use of it the way it is now, so another break won't make it any worse."

"But you could go through a lot more pain and get nothing for it," Ayla said, wanting her to fully understand all the implications.

"If you are able to set it right, will I be able to use my arm then?"

"You may not have full use, but I think you will at least have some."

Roshario did not hesitate. "If there is a chance that I might be able to use my arm again, I want you to do it. I don't care about pain. A Sharamudoi needs two good arms to climb down the trail to the river. What good am I if I can't do that?"

Ayla listened to her words, then looked directly at her and said, "I will try to help you, but it is not whether someone has two good arms that is most important. I knew a man named Creb with only one hand and one eye, but he led a useful life, and was loved and greatly respected by all his people. Whatever the outcome, Roshario, you will always be loved and respected."

Roshario listened to Ayla's words, then tightened her lips and nodded.

Ayla stood up, her mind already on what she needed to do. "Dolando, I need some slender pieces of wood for splints. And firewood and a good-size cooking bowl."

She'd need something that would make Roshario sleep while the arm was rebroken. Iza, the medicine woman who had taught Ayla, would have used the plant called datura.

"Jondalar, will you get my pack basket? I'm going to get some datura that I saw on the way here," she said, and strode out of the shelter.

Dolando watched Ayla walk awa the wolf beside her, matching h stride. For the first time since the te rible moment when Roshario h slipped and fallen, Dolando dared feel a glimmer of hope.

When Ayla returned with the dat ra plants, she took her old otte skin medicine bag and sever bowls out of the pack basket. Using bowl, she measured a quantity of w ter into a square wooden cooking b added several whole plants, th splashed a few drops of water on t cooking stones. She left them in t fire to heat further while she look over the contents of her bag and sele ed some additional herbs.

Holding out some small pieces plank, she said to Dolando, "Cut the here and smooth them until there a no splinters." Then Ayla cut so chamois skins into wide strips.

"Wolf doesn't look very happy o side," Jondalar commented. "And so people seem a little alarmed by him think we should bring him in."

"Let me talk to Roshario first," J lando said. He explained to her th Ayla traveled with a wolf and she h complete control over the animal.

It didn't seem at all surprising Roshario that this woman should



ble to control a wolf. Instead, it re-eved her fears. She was obviously a werful healer.

Ayla called the animal in to meet e woman. "His name is Wolf."

When Roshario looked into the eyes the handsome wild creature, she ought he could sense her anguish id vulnerability. He lifted one paw to e edge of her bed and, with his ears wn, maneuvered his head forward thout being threatening in any way. e licked her face, whining as though felt her pain.

They were all surprised at the gen-eness of the wolf, but Roshario was erwhelmed. She felt something mi-culous had happened that could only de well. "Thank you, Wolf," she said.

Ayla led him into the corner of the velling and put the hot stones in the oking box to start the medicine boiling. hen the datura mixture had reached e proper strength, she scooped out a wlful and carried it to Roshario. Do-ndo was sitting beside her.

"This medicine will dull the pain d make you sleep," Ayla said, "but it very powerful, and can be danger-s. It will relax your muscles, but a v people stop breathing. If that hap-ns, you will die."

Dolando was obviously upset. "Do u have to use it? Can't *(continued)*

From the Ice Age to the best-seller page



We reached Jean Auel in France, where she's already busy working on her next book. It took her five years to complete the research and writing for her latest, and it's no wonder. Because *The Plains of Passage* is about a three-thousand-mile journey across Europe, Auel says, "I've been to Kiev, I've been to the Ukraine, followed the Danube along in Germany, Austria, Czechoslovakia and Hungary—just trying to get a sense of the world as it was then so that I can move my characters through it."

Auel's heroine, Ayla, has been called an Ice Age feminist. She knows her own mind and is not afraid to use it. "Many people think primitive societies are very unequal and male-dominant," says Auel. "But what you find out is that it's not so. I'm writing about a world in which women were respected and held places of authority and leadership."

For women trying to make it as writers in today's tough publishing world, Auel's in a good position to give advice: She had five children before she was twenty-five, got her business degree and only started writing when she was forty. "You don't have to make a decision when you're eighteen about what you're going to do when you're fifty, but you do need to keep your options open. If you really want to do something, do it. The only thing that can happen is that you fail, and that's not the end of the world. But you've got to give it everything you've got. I never worked so hard in my life, but I love it."



How do you get a circus in a bucket?

and minor injuries with practical dispatch, but when she had to treat a serious problem, she asked the magician, Creb, to call upon higher powers for their assistance. Creb, despite the fact that he had only one hand and one eye, was the holy man who had access to the world of spirits. Ayla felt she needed that assistance now. She closed her eyes and began to make the beautiful flowing motions of the most sacred, silent language of the Clan, used to address the world of the spirits.

"Great Spirit of the Cave Lion, the woman lying here is not Clan, but help is asked for the woman. The woman suffers great pain, but the pain that is inside is worse. The woman fears that without both hands she would be useless. Help this woman lying here.

"May the Great Mother of All watch over you, Roshario," Ayla said. She held the bowl to Roshario's mouth. It was a bitter, rather fetid brew, but Ayla encouraged her to drink the entire bowlful, then lowered her gently and watched for the telltale signs of the medicine's effect.

"Dolando, it is best that you leave now. Jondalar will stay and help me," she said in a firm but quiet voice, her assured and competent manner giving her authority. The leader started to object, then left.

Jondalar had watched Ayla take command in similar situations before. She seemed to forget herself entirely in her concentration on a suffering person and, without thought, directed others to do whatever was necessary.

"It is not easy to watch someone break the bone of a person you love, even if she's sleeping," Ayla said.

Jondalar nodded. "What do you want me to do?"

"First I want you to support her arm at the elbow, while I try to break it where it is joining wrong," she said. "After it is broken, I will pull on it hard to straighten it and fit it back together properly. With her muscles so lax,

■ PLAINS OF PASSAGE
continued

you break her arm without it?" he asked.

"No. It would be too painful, and her muscles are too tight. I cannot rebreak and set the bone without this, but you must know the danger. She will probably live if I do nothing, Dolando."

"But I will be useless and live in pain," Roshario said.

"Maybe you should not take the chance, Roshario," Dolando said. "I don't want to lose you."

She looked at him with loving tenderness. "The Mother will call one or the other of us to Her first. Either you will lose me, or I will lose you. But if She is willing to let me spend more time with you, my Dolando, I don't want to spend it useless and in pain."

Dolando, sitting on the bed beside her, holding her good hand, looked at the woman with whom he had shared so much of his life and saw the determination in her eyes. Finally he nodded. Then he looked up at Ayla.

"You have been honest. Now I must be honest. If she dies, you must leave here quickly. I don't know what I may do. Consider that before you begin."

Jondalar knew he would kill Dolando before he would let him harm Ayla, but he was worried. "Ayla, perhaps you should reconsider," he said.

"If she is willing to accept the risks, I can do no less." Ayla looked down at the woman lying on the bed. "I am ready if you are, Roshario."

Ayla sat quietly beside the bed for a moment. Her thoughts were drawn back to her life with the Clan, and particularly to the training she had received from Iza, the skilled and knowledgeable medicine woman who had raised her. Iza had taken care of most ordinary illnesses



How do you get a farm in a bucket?



How do you get one-eyed, turbo-charged norkasaurus in a bucket?

When Jondalar looked up, she was shaking and breathing hard. "I think you did it, Ayla," he said.

She took a few deep breaths, then smiled a broad, happy smile of victory. "Yes, I think so," she said.

Ayla placed the splints into position and wrapped the chamois strips around them. The arm would swell, but the splints were to hold the arm in place so Roshario's movements would not disturb the fresh break.

She checked the woman's breathing again, then went to the entrance of the dwelling where Dolando was waiting. "You can come in now," she said.

"Is she all right?"

"Come and see for yourself."

Dolando went in and knelt down beside the sleeping woman, staring at her face. He assured himself that she was breathing, then finally looked at her arm. Under the dressing, the outline looked straight and normal.

"It looks perfect!"

"I have done what I can. With the help of the spirits and the Great Earth Mother, she should be able to use it. Now she must sleep."

With Dolando there watching Roshario, Ayla left and returned later.

"She'll be waking up soon," Ayla said.

Roshario made a sound. "Dolando," she said in a weak voice.

"I'm here," he said with tenderness.

She closed her eyes, but soon opened them. "My arm! How is my arm?" Roshario strained to look. "It's straight! My arm is straight." Tears filled her eyes.

"You did it," she said. "Now I won't have to be a useless old woman. Everything is going to be fine now," she sobbed, but her tears were of joy and relief. ■

e bones of a joint could be pulled apart, so you will have hold her firmly, and perhaps pull the other way."

With both hands, one on either side of the break, Ayla ok hold of Roshario's upper arm. Standing over the bed get the best leverage, she took a deep breath, then erted a quick, hard pressure against the bend with her o strong hands.

Ayla felt the snap. Jondalar heard a sickening crack. shario jumped spasmodically in her sleep, and then ieted. Ayla prodded through the muscle for the newly oken bone. It was a good clean break. She breathed a gh of relief. That part was done.

Jondalar was watching her with amazement. It took ry strong hands to break a bone like that. He had ways admired her sheer physical strength, but he dn't realized just how strong she really was.

"That was good. Now I want you to brace yourself again d hold her arm here at the shoulder," Ayla said, showg him. "Are you ready?"

"Yes, I'm ready."

Ayla took a firm hold of Roshario's arm, just above the ow, while Jondalar held her below the shoulder. With w but steady force, Ayla started pulling the arm back, t only straightening it but working it around to avoid ne rubbing against bone and to keep the ligaments m tearing. It had to be stretched slightly beyond its ginal shape to get it back into a normal position.

Jondalar didn't know how she kept up the forceful, ntrolled tension when he could barely hold on. Ayla ained with the exertion, perspiration running down r face. Once she got past the broken end of the bone, e arm settled into the proper position. She felt it move o place, then carefully eased the arm to the bed and ally let go.

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THE FIFTY MOST POWERFUL WOMEN IN AMERICA

Ladies' Home Journal November 1990

Women today wield all kinds of clout—the power of money, of influence, of fame, of ideas. They run cities and congressional committees, production companies and military platoons. So in this, the start of what we last year proclaimed as the She Decade, we thought it would be useful—not to mention provocative—to try to tote up just which fifty women were the most powerful in America. We consulted with groups as varied as the Environmental Defense Fund, the National Women's Political Caucus, the Heritage Foundation, the Democratic and Republican national committees. We talked to colleagues, competitors and friends. Which women, we asked, had real power, not just the figurehead kind? Which were most likely to get their phone calls returned, most likely to leave a lasting impression? Not all of those we selected are celebrated, nor are all beloved. Some will no doubt be controversial. But we know you'll enjoy meeting them all—just as we did.



BARBARA BUSH

FIRST LADY, FIRST CLASS

TELL BARBARA BUSH THAT PEOPLE now call her the most powerful woman in the U.S., and she says, "Oh, come on, please. If such a thing were true, which it's probably not, the truth is, it's borrowed power.

"The simple fact is, George is now in office. And when the time comes that he's out, we'll both be out. That's the way Washington works. George and I expect that, and we don't disdain it. We've been around too long. That's part of political life and I'm prepared for it."

The wife of President George Bush is not into knee-jerk humility or false modesty. She knows exactly who she is and what she is. Barbara Bush is smart. Sharp. Barbara Pierce Bush of Rye, New York, daughter of magazine publisher, simply cannot be conned.

Born one of the WASP-y well-to-dos, she has always known power. The power of birthright. Family. Wealth. Right schools. Right marriage. A Naval officer husband who served

(continued on page 27)

BY CINDY ADAM



BARBARA WALTERS MEDIA MOVER

SHE'S ARTICULATE, CANDID, SERIOUS and intelligent—but you expect that from Barbara Walters. What you *don't* expect from the TV journalist who first cracked every broadcast barrier is disarming modesty.

"There are many women on television today, but it isn't because of me," she insists, seated in her airy Century City office. She's been married to businessman Merv Adelson since 1986, and has homes and offices on both coasts. Wearing a floral-pattern dress, Barbara looks trim and far younger than her fifty-nine years.

"My contributions were relatively small. Because I was able to go off and interview a head of state and do a serious, good job, people could no longer say, 'Only a man can do that, because the head of state won't take it seriously.' But the success of women in TV and in other fields is because of the whole women's movement and the changes in this country. It's much more Gloria Steinem and Betty Friedan than it is Barbara Walters." *(continued on page 280)*

BY JEFF ROVIN

THE FIFTY MOST POWERFUL WOMEN IN AMERICA

INFLUENCE FAME MONEY IDEAS

MEET THE OTHER INSPIRING MEMBERS OF OUR FEMALE ELITE. THEIR INTERESTS ARE DIVERSE: ELEVEN ARE FROM POLITI AND PUBLIC AFFAIRS, NINE FROM BUSINESS, EIGHT FROM ENTERTAINMENT, EIGHT FROM PUBLISHING, FIVE FR EDUCATION AND THE ARTS, THREE FROM SCIENCE, TWO FROM SPORTS. SOME ARE PRO-CHOICE AND SOME PRO-LIFE, SO DEMOCRATS AND SOME REPUBLICANS. BUT THEY SHARE A BELIEF IN THEMSELVES—AND IN THE POWER OF US A



BROOKE ASTOR

"Power is the ability to do good things for others," says philanthropist and author Brooke Astor, the grande dame of New York society, who has helped make volunteerism chic. For the past thirty years, Astor, eighty-eight, has administered the Vincent Astor Foundation—a multimillion-dollar philanthropy established by her late husband for "the amelioration of human misery." Through the foundation, she has allocated more than $135 million to hundreds of charitable and civic organizations, much of it going to programs for disadvantaged children and agencies that help the homeless. The daughter of a Marine Corps general, Astor first witnessed the devastation of poverty as a seven-year-old living in Shanghai. "If you can't give money, give of yourself," she says. "Giving will make you strong and happy."



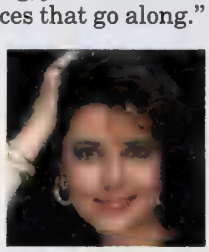
JACQUELINE K. BARTON

The results of her work are so tiny they can't even be seen under a microscope. But in the world of chemistry, Jacqueline Barton's achievements are far from small: She designs molecules that communicate with DNA—the building blocks of genes—establishing a unique "dialogue" that may one day lead to more effective disease treatments. Barton, thirty-eight, a professor of chemistry at the California Institute of Technology, is also the only woman to have received the prestigious American Chemical Society prize in pure chemistry. "I never heard anyone say, 'Jackie, you can't do this,' " she recalls of her decision to pursue a career in science. "If I can inspire a younger generation of women, then that is important."



CATHLEEN BLACK

"I have loved being with something that's fresh and new and big," says Cathleen Black, publisher of *USA Today*. Formerly the publisher of *New York* magazine (and the first woman to hold that title at a weekly consumer publication), the forty-six-year-old mother of one turned the balance sheet of the nation's most widely read newspaper from red to, well, Black, after she joined it seven years ago. "It's very important to define success for yourself," she says. "If you really want to reach for the brass ring, just remember that there are sacrifices that go along."



LINDA BLOODWORTH-THOMASON

Writer-producer Linda Bloodworth-Thomason blames the media for giving women a powerless image. "We're basically portrayed as cowardly, empty-headed and duplicitous," says the forty-three-year-old creator of *Designing Women* and the new Burt Reynolds comedy series *Evening Shade*. "It's amazing we bother getting up in the morning." Bloodworth-Thomason not only gets up, she gets "uppity," and her unyielding commitment to well-drawn characters and story lines on sensitive subjects like AIDS and domestic violence has made her one of the most powerful women in the TV industry. "Figure out what your most magnificent qualities are and make them indispensable to the people y want to work with," advises the M souri native. "Notice that I didn't 'work for.' "



ROBIN BURNS

When Robin Burns was growing and riding horses in the small town Cripple Creek, Colorado, the prima fragrance in her life was "eau pony." Now she's enjoying the sw smell of success: The Syracuse grad ate launched the sexy marketing ca paigns for Calvin Klein's Obsess and Eternity fragrances, and this y she became president and CEO of tée Lauder USA. Reportedly earni $1.5 million a year, Burns, thirty-s en, is one of the nation's highest-p female executives. The essence of talent? "She isn't a New Yorker," s one of Burns's former bosses. "She' frontier girl."



LAUREL CUTLER

Look around at some of the produ you use. Whether it's "homema taste" spaghetti sauce or no-fat crèam, it's very likely Laurel Cut helped bring them to your attenti This dynamic sixty-three-year-old who's married and the mother of th grown kids—holds not one, but t corporate positions: As vice-chairm and worldwide director of marketi planning at the giant New York C ad agency FCB/Leber Katz Partne she's considered America's top c sumer-trend prognosticator; while the

(continued on page 2

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■ Who sets the standards for all of the fashions we can't live without? Adrienne Vittadini, Donna Karan and Norma Kamali—top designers with flair beyond compare. All are famous for turning cutting-edge ideas into clothing tailor-made for modern lifestyles. Learn a style trick or two from these real-life designing women

SECRETS OF STYLE

ADRIENNE VITTADINI

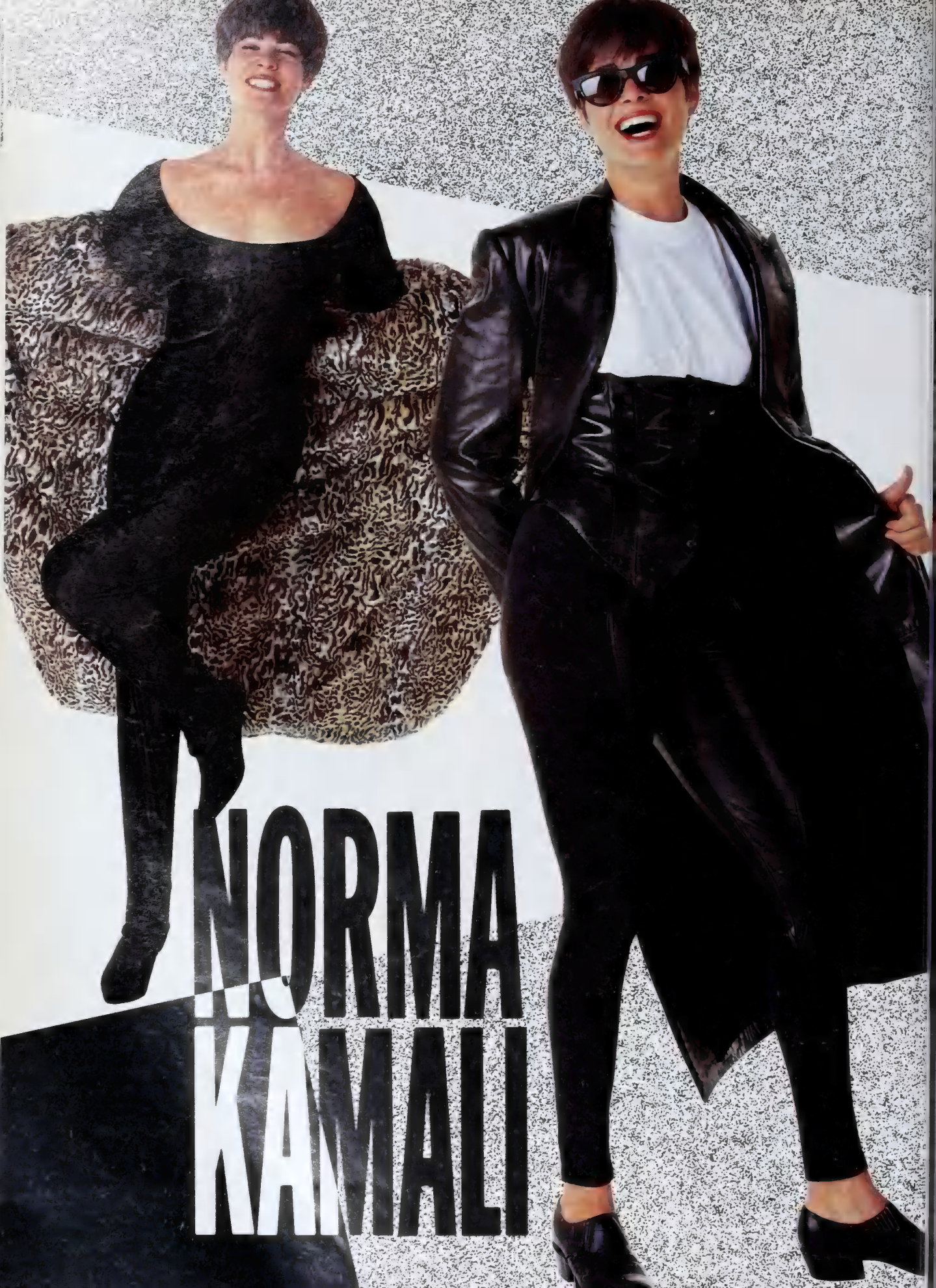


KNOWN FOR HER KNIT WIT, Adrienne Vittadini burst onto the fashion scene when she started her own business in 1979 with an ingenious combination of Italian Euro-chic and sporty American style. The result? Incredibly comfortable separates that are versatile, softly feminine and great for work or weekends. What could be more perfect for life in the fast lane? In fact, that always-on-the-go pace mimics Vittadini's lifestyle—her clothing is made to suit her own busy schedule, which, she thinks, is a lot like most women's. The most important piece in her collection? A big, cozy sweater. Vittadini's theme is puttin' on the knits, and she loves to layer oversize turtlenecks and cardigans over tube skirts or leggings (or both!) and wrap up the whole look with a gigantic wool shawl (best for the big chill, of course). Our favorite knit picks from her latest line show Vittadini's true colors: red-fringe V-neck tunic over a white T-shirt and black stirrup ski pants; an eye-arresting package in winter white—turtleneck, cabled crossover pullover, cabled cardigan, leggings and a shawl; and more layers in pale sage—turtleneck, cabled cardigan, mini tube skirt, ribbed hose and a cabled shawl. Model, Lisa Houlgrave of Wilhelmina. All photos, Tohru Nakamura. Hair by Tony McAulay; makeup by Linda Mason.

DONNA KARAN



SHE'S CALLED PRIMA DONNA, and it's easy to see why. This superstar has made a tremendous impact on women's fashion since her first collection, Donna Karan New York, hit the stores in the fall of 1985. In just five years she has redefined the look of tailored clothing—her jackets and dresses are sensuously shaped, her skirts are easy-fitting and often draped. Everything is body-conscious and made of luxurious fabrics. "How clothes relate to the body, how they move with you, is what matters most to me," she explains. "If a woman is comfortable in her clothing, she always looks great." For Karan, comfort stems from a bodysuit. Whether it's shirtlike and tailored or sweatery and sexy, it's the signature element of her collection (her dresses even have a built-in bodysuit bottom!). But her vision of an elegant, put-together look goes further. She considers hosiery, shoes and accessories every bit as important as major pieces. Since Karan is so sensible about clothing that women want for work and evening, it's no surprise that she designed a sportswear line. DKNY, which came out in the spring of 1989, is a collection of perfect-for-weekend basics. A sampling of sophistication, Karan-style, from far left: cashmere boatneck bodysuit and matching wool-crepe skirt in sienna with matching hose and suede shoes; alpaca fleece dance dress with suede belt and opaque hose, all in tortoise; ivory crisscross bodysuit; garnet notch-collar jacket with self-belt; black wool leggings; black suede spiked boots. Near left, after-hours ease from DKNY: bleached five-pocket jeans, giant white off-the-shoulder sweater and white suede elf bootees. Model, Nastasia of Ford.


NORMA
KAMALI



ALWAYS ONE STEP AHEAD of the rest, Norma Kamali has been designing offbeat and sometimes outrageous fashion since 1968, when she opened her first New York shop. Of the three designers, Kamali has perhaps contributed the most to modern fashion. Ironically, many of Kamali's styles that seemed so unconventional in her early collections are now considered mainstream American fashion. Can you imagine life without shoulder pads, sleeping-bag coats or sweatshirt-inspired fleecewear? Like Vittadini and Karan, Kamali has won numerous awards for her talent and ingenuity, and her creative efforts are still in full force. Her signature style today? The unitard. According to Kamali, "The concept of unitard dressing is extremely modern. After all, what could be easier and more comfortable than wearing just one piece?" Her striking, fun-to-wear collection this season proves that opposites attract: Black and white is an underlying theme. Kamali's body-hugging unitards (velvet is newest) and leggings paired with T-shirts provide the foundations for attention-getting extras like dramatic coats and jackets. The bottom line? Shoe-boots work best for just about all of these streamlined styles. Four sensational looks, from far left: black panne-velvet stirrup unitard topped with a black-velvet shawl-collared wrap coat lined with faux mountain-cat fur; urban chic black leather coat, black leather "Heidi" vest, black leather-and-cotton leggings, white tee and cropped cowboy boots; the famous sleeping-bag coat in a new shorter length in bright purple with a black cotton/Lycra turtleneck, black cotton/Lycra leggings and a black-velvet pillbox hat; the "mime" jumpsuit—black panne-velvet on one side, white stretch-cotton jersey on the other. Model, Alison Houtte of Name.

SECRETS OF STYLE

■ KNITS ARE NOT ONLY MODERN, THEY CAN MAKE YOU LOOK THINNER. A KNIT TUNIC OVER LEGGINGS IS THE MOST SLIMMING, FLATTERING SILHOUETTE **ADRIENNE VITTADINI**



■ THERE ARE PIECES IN MY DKNY LINE THAT I COULDN'T DO WITHOUT: GREAT WHITE SHIRTS, BLACK LEGGINGS, A NAVY BLAZER, A TRENCH COAT, THE RIGHT HOSE **DONNA KARAN**

■ THE KEY TO A CURRENT WARDROBE IS PLENTY OF BLACK AND WHITE—THE COLORS ARE CLASSIC AND MAKE A PERFECT BACKDROP FOR FUN, PERSONALIZED ACCESSORIES **NORMA KAMALI**

THE REASON THESE DESIGNERS are leaders in their field? They know what appeals to most women. But being number one means more than doing well in design school—you've got to have real *style*—the kind that these three flaunt. How to get it? Here's the scoop:

■ Develop a signature look by taking charge of your image. If you want to present a powerful, sophisticated appearance, stick to tailored suits. To give suits style, take a clue from Donna Karan: Make sure the jacket is shapely, the skirt is an above-the-knee, modern length, and under it all is a sexy bodysuit. If you don't particularly like wearing suits and don't have to at the office, consider the soft femininity of knits. Teaming a great oversize sweater with slim trousers is okay (always keep proportions big over narrow), but to give knits right-now style, do what Vittadini does and wear them layered. If you like being the kind of person who really turns heads, add humor and drama to your outfits (Kamali-style) with unexpected colors and accessories.

■ The three best-kept secrets of designer style? 1. Go monochromatic. Wear one color head-to-toe that varies in shade, tint, intensity and texture, including shoes, hose, belt and bag. 2. Buy black and white: Each color defines and strengthens the other. It's a uniform that always looks chic. 3. Wear a hot-colored jacket or sweater over a base of black. The color will pop out and get you noticed (an added bonus: You'll look thinner).

■ A last look at foolproof style, from far left: Vittadini's Mondrian-inspired tunic, black slim skirt, black opaque hose and black pumps; Kamali's charcoal pleated skirt, multi-button vest and jacket with white T-shirt, white opaque hose and cropped cowboy boots; Karan's gray cashmere scarf skirt, bodysuit and cardigan with matching gray hose and gray suede shoes.



NEW CREAM OF BROCCOLI SOUP

2-STEP CHICKEN BROCCOLI DIVAN (Cooking time: 15 min.)

1 lb. fresh broccoli, cut into spears, or 1 pkg. (10 oz.) frozen broccoli spears, cooked and drained
1½ cups cubed cooked chicken or turkey
1 can Campbell's® NEW Cream of Broccoli Soup
⅓ cup milk
½ cup shredded Cheddar cheese
1 tbsp. butter, melted
2 tbsp. dry bread crumbs

1. In 9" pie plate or shallow casserole, arrange broccoli; top with chicken. Combine soup and milk; pour over chicken. Sprinkle with cheese.
2. Combine butter and bread crumbs; sprinkle over cheese.
Conventional: Bake at 450°F for 15 min. or until hot.
Or Microwave: Cover with waxed paper; microwave on HIGH 6 min. or until hot, rotating dish halfway through heating. 4 servings.

M'm! M'm! Good!

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A HOUSE WITHOUT A MAN IS *still* A HOME

NOT HAVING A HUSBAND IN THEIR LIVES DIDN'T STOP THESE HIGH-POWERED PROFESSIONAL WOMEN FROM SETTING UP A HOME SWEET HOME FOR THEMSELVES—AND THOROUGHLY ENJOYING LIFE OUT ON THEIR OWN





Left: Lots of pillows and a bed canopy make Pat's personal retreat even more inviting after a hectic day at work

BY LAUREN PAYNE
DECORATING EDITOR







Top: Potpourri lends its scent to the floral backdrop. Bottom: Pat travels a lot, so her home had to be a place where she could relax and spend time with her sons. Their favorite pastimes? Playing baseball, barbecuing and sitting down to a big Sunday dinner

at Christman is a woman who truly brings her work home—not in the form of a briefcase full of paperwork but in the En- ı-country furnishings that ›rate her home in West- ter County, New York. director of advertising for Polo Ralph Lauren, in New York City, Pat, forty-four, spends her days surrounded by the designer's lush floral fabrics, and she has used them to bring the classic style into her home.

After her divorce in 1983, Pat cleaned house—literally. Good-bye to the black lacquer furniture that her husband had picked out (she'd never really liked it). But Pat wasn't out to create a decor only a woman would love—all along she enlisted the advice of her sons, Chris, eleven, and Charlie, eight, who gladly approved—or vetoed—ideas. And talk about tailor-made: Pat, who got sewing lessons from Mom at age eight, stitched up plump pillows and slipcovers for her living-room chairs, and even "upholstered" her bedroom walls with a favorite floral fabric.

, David Phelps. Interiors designed by Pat Christman. Stylist, Michael Morelli. Project coordinator, BJ Sharpe, Motif Designs. Flowers, Artistic Manor Florists; all fabric, bedding allcovering, Ralph Lauren Home Collection; lamps, Paul Hanson Co.; cocktail table, Shaker Collection, Lane Co. Details, page 245.



Right: Beverly's bedroom looks out on picturesque Puget Sound. The spiral stairs lead to a rooftop garden, where she sips her A.M. coffee as ferryboats chug by

A psychotherapist who helps her patients work out identity and self-esteem problems, Beverly Willerford McDevitt practices what she preaches: She has worked hard to create a fulfilling life for herself, by herself.

Beverly was divorced







Photos, Michael Jensen. Stylist, Linda Humphrey McCallum.

Top and left: From abstract pieces to whimsical folk art, Beverly's collections and furnishings run a gamut of styles. Bottom: One of Beverly's favorite simple pleasures is whipping up a batch of her special-recipe sangria and then inviting friends over for a tasting party

twenty-two years ago but waited until her three children were grown before really striking out on her own. Then nine years ago she took a gamble on real estate, buying an 1890s converted loft, above, in Seattle's Pike Place Market—before the area had become one of the city's most desirable neighborhoods. Now Beverly, fifty-eight, is entirely at home there, filling her loft with an eclectic mix of colors and textures as well as unexpected pieces like the crystal dining-room chandelier that Beverly placed in the middle of the living room. Beverly also has a penchant for unusual antiques and contemporary artwork, as evidenced by the varied collection she proudly displays.

And it's a collection that just grows and grows: Beverly also owns a quaint country house in Portugal, which she opens up to her friends who are artists to use as a studio—rent is paid not in dollars but with original works of art. Beverly hopes to retire to her overseas home someday, but for now she enjoys restoring the house during the visits she makes to Portugal—sometimes accompanied by her children—two or three times a year.



Right: Jane's bedroom is not just a pretty place to sleep: It's also an office (Jane's got a mini computer on her dressing table) and a playroom for Zach

And baby makes . . . two! TV reporter Jane Wallace decided not to wait for Mr. Right to come along to take on motherhood: A year ago, she adopted Zachariah Max when he was one month old. Jane, thirty-four, had long been thinking about adoption,







Above: A busy mom's work is never done. Jane often needs to juggle roles, with a pen and TV script in one hand, baby and bottle in the other. Left: What started out as a stark, bare New York City apartment, Jane transformed into the home she wanted, with colorful rooms just made for easy living

nd after interviewing an Ohio man who'd adopted irty-five handicapped children, she figured if he could are for so many kids, she ould certainly handle one.

As if life as a single mom eren't hectic enough, two months after Zach's arrival, Jane packed their bags and moved from their home in Miami to an empty apartment in NYC to begin production of her new cable show, "The Jane Wallace Show."

The biggest task to tackle in the big city? Putting together a home that's sophisticated yet casual—and above all, child-resistant (note the cushioned ottoman that stands in for a traditional coffee table). With the help of interior designer Michael Foster, Jane created a lived-in, comfortable home.

As the mother-son portraits above the living-room sofa attest, Jane's apartment is a reflection of the most important elements of her life now: Zach and her career.

hotos, David Phelps. Interiors designed by Michael Foster. All upholstered furniture, Expressions Custom Furniture; all wood furniture, Habersham Plantation; armchair, Country Swedish; uette window shades, Hunter Douglas Window Fashions; all drapery and canopy fabric, Covington Fabrics Corp; lamp on skirted table, Frederick Cooper Lamps; all bedding, Adrienne tadini; wooden candlestick lamps, Edward Russell Decorative Accessories; teddy-bear chair, Cadwell; rugs and accessories, ABC Carpets & Home; watercolor and accessories, Accents limited. Details, page 245.

EVERY woman CAN



. . . make minor household repairs. It just takes know-how and a bit of patience. So roll up your sleeves and follow our guide to the essential home fix-its

Fast fix for a flickering lamp

Flickering is probably the result of a defective socket. Below are step-by-step instructions for repairing or replacing it. Be sure to unplug the lamp before beginning.

■ Before replacing or removing anything, troubleshoot. Unscrew the light bulb and look inside the socket: At the base is a contact—a small copper flap (bottom right). If it's dirty or flattened, try gently scraping it clean with a screwdriver, then lifting it carefully to a more upright position. Test the lamp. If it doesn't work, then you'll need to check for problems with the wire connections.

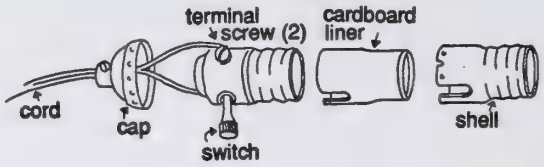
■ Gently press on the socket and lift out the shell and its cardboard liner (most sockets have the word "press" imprinted somewhere on the shell). Wires are attached, so pull gently. Check to see that all wires are affixed tightly to the terminal screws. If they aren't, this could be your culprit. Tighten the screws with a screwdriver, and test the lamp. Still doesn't work? Then it's time to replace the socket.

■ Unscrew the terminal screws. There should be two wires—a silver and a copper—and two screws, a brass and a silver. Bring the faulty socket to your local hardware store and buy an exact match.

■ Hook the wires around the new socket screws exactly as they were on the old ones, and tighten with a screwdriver so the wires are secure. The copper wire always goes to the brass screw. (If both wires are copper, the wire with the ridged rubber coating on its side goes to the silver screw.)

■ Place the inner socket securely back in the lamp base.

■ If your lamp doesn't work now, you may have a short in one of the wires or a short between the socket and the plug, and it's best to take the lamp to a repair shop.



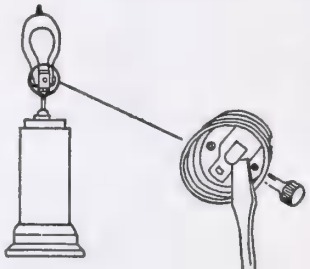
light socket

Speedy service for a running toilet

Before beginning, you need to understand how the toilet works (see picture on the next page).

■ Tank contents: The float valve controls the flow of water into the toilet tank. It is regulated by a float ball connected to it that rises and falls with the water level. The rubber stopper ball covers the outlet drain in the tank.

■ When the flush handle is pressed down, it lifts up the stopper ball, allowing water to flow down and wash the waste water out of *(continued)*



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uzit Freshell. It's a beautiful shell on the outside. And inside it's a long-lasting air freshener...that freshens all day, all week, all month. The latest wave in air fresheners...Renuzit Freshell in a full line of delightfully fresh scents. Good-looking. Hard-working.



Now Available In Two New Potpourri Fragrances.

(continued) the bowl. When the water is gone from the tank, the ball sits back down in the tank ball seat, creating a seal and allowing the tank to fill up.

■ The problem is usually one of two things: Either the stopper ball is not sitting directly in its seat, consequently water is continuously running into the bowl, or the float valve is not completely closing.

■ Check the stopper ball, to see if it sits properly on its seat. Jiggle it around. If the water stops flowing, loosen the lift rod and reposition the stopper ball over its seat.

■ If this doesn't help, check the float valve. If water is running continuously over the overflow pipe, the float valve isn't regulating it properly. Try lifting up the float ball slightly; this will seal off the float valve. Once you have the lift rod in a position that stops the water flow, bend the float arm rod down— placing the ball deeper into the water, and making the float valve close at a lower water level.

■ Finally, check the float ball—if it has any water in it, it will need to be replaced.

■ If none of these quick fixes work, you'll need to replace the float valve or the stopper ball. But before replacing anything, turn off the water supply turn off the water supply with the water turn-off valve. Then flush the toilet to drain the water out of the tank and bowl. Stopper balls have been updated with a new stopper-ball/float-ball mechanism. Ask for advice at your local hardware store. When replacing items, be sure to get the correct size, and then simply follow instructions.

Quick fix for a leaky faucet

Before attempting to fix a leaky faucet, turn off the water source for the faucet you are fixing. This is usually a valve or two valves (hot and cold) located below the basin. If there is no valve, turn the water off at your water meter. Then figure out what type of faucet you have.



COMPRESSION FAUCET: If you have separate handles for hot and cold water, and it's an older, less expensive model, it's probably a compression faucet. These seal off the water with a valve and a rubber washer.

■ Remove handle screw with a screwdriver to take out handle; remove packing nuts with a wrench. (Note: These may be screwed in tightly; try applying some penetrating oil— available at hardware stores— to loosen.)

■ Remove valve stem. This should lift out effortlessly—it's simply sitting in place on what's called a valve seat, which is usually made of brass. The valve operates by forming a seal between the washer at the base of the valve stem and the valve seat that stops the flow of water. Also on the valve stem are one or two O-rings, which keep water from leaking out under the handles.

■ Remove the washer by unscrewing the screw that holds it in place (you may need to scrape the washer from the stem with a paring knife). Bring the old washer to the hardware store and ask for an identical replacement. (Washers are easy to replace—they're numbered.)

■ Tighten the new washer in place with the screw. Replace valve stem in its seat and replace handles, screwing securely in place.

■ Test the faucet. If it's still leaking, it's possible that the valve seat is pitted or dented. This isn't difficult to fix, but it does require special tools—ask for advice at the hardware store.

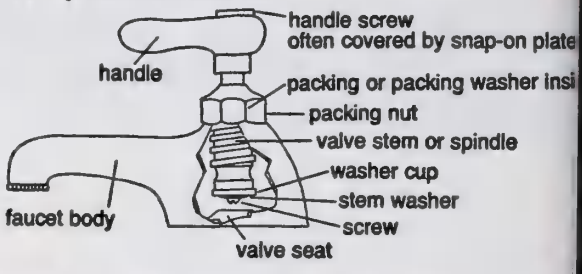
CARTRIDGE FAUCETS are washerless. The newer, more expensive models with decorative handles usually fall into this category. Instead of a valve mechanism with a rubber washer, the cartridge is a compact unit with a rubber gasket—a spring/ rubber mechanism at the base of the cartridge that regulates the flow of water. Leaks are usually caused by a faulty rubber gasket.

■ Replacing a gasket is much like replacing a washer—it requires an identical replacement piece from the hardware store. So, unscrew the handles, lift out the cartridge and slide a new gasket in place.

■ If your faucet is leaking around the base of the spout, regardless of whether it's a compression or a cartridge faucet, unscrew the collar at the base of the spout, and lift it out. You'll find an O-ring (perhaps two). Replacing it should stop your leak.

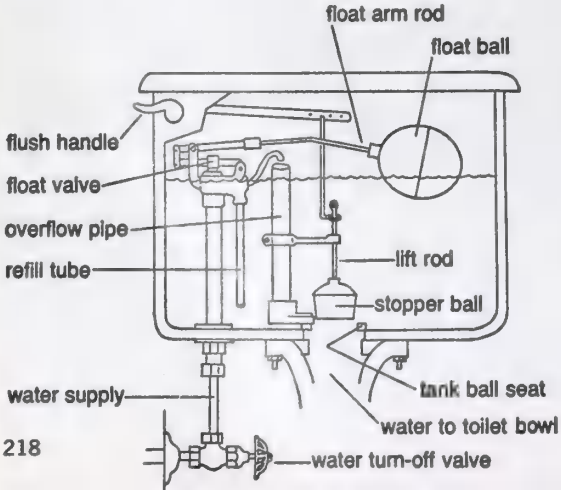
■ Still leaking? You may have a faulty cartridge. You can get a replacement cartridge from the manufacturer (instructions and special tools are enclosed in the replacement kit).

compression faucet



SINGLE-HANDLED FAUCETS can be cartridge faucets or ball faucets. If these have a leak, the entire mechanism—either the cartridge or the ball—needs to be replaced. You can buy a replacement kit from a hardware store or directly from the manufacturer. The replacement kit comes with its own special tools and explicit directions, so don't be afraid to try it. Just pay close attention when you take it apart so you can put it back together.

For more information about easy home repairs, we recommend the videotape "Common Home Repairs," produced by the PBS television series "HOMETIME." To order, send $12.95 ppd. to Hometime LHJ, 6213 Bury Drive, Eden Prairie, MN 55346; or call 612-937-2291.



Ladies' Home Journal Fix-It Handbook by Kay Ward. Copyright © 1983 by Kay Ward. Published by Hilary House Publishers. Reprinted with permission.

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Vall to wall
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"Michael"

ıch to Daddy's delight, baby [ichael" already takes an interest the All-American sport. Dressed ıis new baseball outfit, "Michael" ls the ball to Daddy. From his look letermination, we can just tell that [ichael's" a future superstar.



Michael" is an original issue in award-winning *Yolanda's Picture-fect Babies* collection by Yolanda lo. Produced under the Knowles ina Company hallmark, "Michael" resents the centuries-old tradition of classic ıaracter dolls that so often become cherished ıily heirlooms.

ality Craftsmanship in Every Detail

ichael" is meticulously handcrafted with head, ns, and legs hand-cast of fine bisque porcelain, ɔertly hand-painted to achieve the blushed com-xion of an active little boy. His expressive brown s are hand-set, and his animated pose reflects desire to play ball. "Michael" wears a traditional striped baseball uniform over a long-sleeved hirt. His initial is sewn onto his cap and the nt of his shirt, the number "1" is on the back; baseball features hand-ched seams. Each doll bears signature of the artist, is nd-numbered, and comes h a matching numbered tificate of Authenticity.

valuated against *The Uni-ı Grading Standards for Dolls* he Ashton-Drake Galleries, se distinctive features have earned "Michael" the Standards' highest rating for artistry and craftsmanship—Premiere Grade.

A Collectible Doll with Investment Potential

The doll you buy today may be a wise investment for the future. Once a doll's edition is sold out, those who want a doll from the edition must pay whatever the market will bear. That's why a collectible doll often sells for more than its original price within only a few years of being issued.

Of course not all dolls increase in value; values can go down. But a doll of exceptional artistry and craftsmanship—such as "Michael" with his Premiere Grade rating—has the best potential to appreciate.

Bear in mind that "Michael" is an original issue in the same prestigious Knowles collection as the exceptional closed-edition dolls in the chart below. "Michael" has similar credentials that make his potential for market success seem just as promising.

Recommended and guaranteed by the Ashton-Drake Galleries, "Michael" can be yours to cherish for only $63.00...an extraordinary value for an heirloom-quality doll. To order, simply complete and mail the attached reservation form. Hurry, "Michael" is issued in an exclusive hand-numbered edition. Once the edition closes, the molds will be destroyed and no more will ever be made, so order today.

Doll	Artist	Year of Issue	Issue Price	Auctioned Price*	Change
Knowles "Heather"	Yolanda Bello	1987	$48	$500	+$452
Knowles "Jennifer"	Yolanda Bello	1988	$58	$500	+$442
Knowles "Matthew"	Yolanda Bello	1989	$58	$275	+$217

*Source: International Doll Exhibitions & Auctions, Ltd. Prices realized at the June 30, 1990 auction. Other resale prices may vary.

E ASHTON-DRAKE GALLERIES
West Superior Street
:ago, Illinois 60610-9948

THE ASHTON-DRAKE GALLERIES

PLEASE RESPOND BY:
November 30, 1990

, please enter my reservation for "Michael" from the ıda's *Picture-Perfect Babies* collection. Limit: One doll per ɔmer. I understand that I need SEND NO MONEY N and will pay for "Michael" in three convenient thly installments of $21.00* each, the first being billed re shipment of the doll.

y satisfaction is unconditionally guaranteed. I under-d that I may, for any reason, return "Michael" to the :on-Drake Galleries within ***one full year*** after I receive for a refund or credit of the full purchase price, ıding postage.

X _____
Signature

_____ ( )
Name (please print) Telephone

_____
Address Apt. No.

_____
City State Zip

*Plus $2.94 home delivery fee and any applicable state sales tax. Please allow 4 to 6 weeks for delivery. Canadian price: $89.00 plus $3.20 home delivery fee and any applicable provincial sales tax.

76118-D88061

GREAT FACES



O COME FACE-TO-FACE WITH A GREAT ACTRESS IS A RARE HONOR IF SHE HAPPENS TO BE A BEAUTY LIKE JESSICA TANDY. SHE'S BEEN LAUDED FOR A LIFETIME OF WORK—MOST RECENTLY AS MISS DAISY, WHEN SHE DROVE AWAY WITH OUR HEARTS. AT EIGHTY-ONE, JESSICA HAS PROVEN THAT OLDER AND WISER CAN MEAN BETTER . . . AND MORE BEAUTIFUL THAN EVER! BLOUSE AND JACKET: NORMA KAMALI; SKIRT: DONNA KARAN; EARRINGS, HELEN WOODHULL; MAKEUP, COVERGIRL. HAIR, DIDIER MALIGE FOR JEAN LOUIS DAVID; MAKEUP, VINCENT LONGO FOR PIPINO-BUCCHERI. RIGHT: IF WE'VE GROWN ACCUSTOMED TO HER STRIKING FACE, IT MAY BE BECAUSE ISABELLA ROSSELLINI IS A HAUNTING REMINDER OF HER LEGENDARY MOTHER, INGRID BERGMAN. RAVISHING ISABELLA POSSESSES THE SAME SERENE ELEGANCE, PLUS HER OWN MYSTERIOUS SENSUALITY—A DEVASTATING COMBINATION. THIS THIRTY-NINE-YEAR-OLD IS A TOP MODEL AND AN ACCOMPLISHED ACTRESS. WE'RE CHARMED AND ENCHANTED . . . BUT WE'LL NEVER KNOW HER SECRETS. DRESS: ROMEO GIGLI. MAKEUP: LANCÔME. HAIR, RODNEY MARTIN FOR PIPINO-BUCCHERI; MAKEUP: MOYRA MULHOLLAND. DETAILS, PAGE 24. PHOTOS EXCLUSIVELY FOR LHJ BY PATRICK DEMARCHELIER.

BY LOIS JOY JOHNSON, BEAUTY AND FASHION DIRECTOR


A NINETEENTH-CENTURY WRITER ONCE SAID: A WITTY WOMAN IS A TREASURE, BUT A WITTY BEAUTY IS A POWER. SO BEHOLD THESE . . . EACH ONE HAS A SMART, STRONG, INDIVIDUAL APPEAL. AND BEST OF ALL, NOT ONE IS UNDER THIRTY-FIVE



BEAUTY HAS SO MANY FACES, AND OFTEN THE MOST APPEALING LOOKS OF ALL ARE THOSE THAT TAKE US BY SURPRISE. LOVELY PHYLICIA RASHAD, FORTY-ONE, STAR OF "THE COSBY SHOW," HAS AN UNEXPECTED OTHER SIDE: EXOTIC, EARTHY AND DEEPLY SPIRITUAL. HER NEW-AGE PHILOSOPHY IS THAT BEAUTY COMES FROM WITHIN. IF SO, PHYLICIA'S LOVE OF LIFE AND BELIEF IN HERSELF ARE CRYSTAL CLEAR. TOP AND PANTS, CAROLYNE ROEHM; JEWELRY, DAYNE DUVALL. MAKEUP, MAYBELLINE. HAIR, DIDIER MALIGE FOR JEAN LOUIS DAVID; MAKEUP, BONNIE MALLER. RIGHT: MORE THAN JUST A PRETTY FACE IS ONE THAT REVEALS INDIVIDUALITY, WIT AND MORE THAN A LITTLE WILDNESS. LAUREN HUTTON HAS SUCH A LOOK. THIS FORTY-SIX-YEAR-OLD FREE SPIRIT FLAUNTS HER UNIQUENESS: YOU JUST KNOW SHE'D LOOK AS SEXY IN A SUIT AS IN SILK PAJAMAS. SHE'S BEEN A STAR FOR TWENTY-FIVE YEARS, IN SPITE OF HER QUIRKINESS AND OFFBEAT LOOKS—PROOF POSITIVE THAT BEING YOURSELF IS THE SECRET TO SUCCESS. CARDIGAN, JOSEPH TRICOT; TANK TOP, GIORGIO ARMANI. MAKEUP, ULTIMA II. HAIR, DIDIER MALIGE FOR JEAN LOUIS DAVID; MAKEUP, VINCENT LONGO FOR PIPINO-BUCCHERI. DETAILS, PAGE 245.





A FACE THAT ENTICES, A LOOK THAT THRILLS . . . TRULY SEXY BEAUTY IS PERHAPS THE MOST ALLURING KIND OF ALL. THIRTY-SIX-YEAR-OLD JANE SEYMOUR EXUDES SEX APPEAL—LET US COUNT THE WAYS. WHEN SHE PORTRAYS A ROMANTIC HEROINE ON TV, HER BEAUTY IS SUBTLY SEDUCTIVE. BUT WHEN SHE'S BEING HERSELF, DRESSED ALL IN BLACK, SWEET JANE IS POSITIVELY BEWITCHING. ALL MAKEUP, MAX FACTOR. HAIR, DIDIER MALIGE FOR JEAN LOUIS DAVID; MAKEUP, VINCENT LONGO FOR PIPINO-BUCCHERI. RIGHT: SHAKESPEARE SAID THAT BEAUTY PROVOKES MORE THIEVES THAN GOLD. SURELY HE WAS REFERRING TO A TEMPTING, CAPTIVATING BEAUTY LIKE RAQUEL WELCH. THIS FIFTY-YEAR-OLD IS THE OTHER SIDE OF SEXY, A BOMBSHELL WHOSE SIREN CAN BE HEARD A MILE AWAY. WITH PROVOCATIVE EYES AND LIPS, SHE DARES ANY MAN TO RESIST. COAT AND BODYSUIT, NORMA KAMALI; JEWELRY, LISA JENKS; MAKEUP, REVLON; HAIR, AWAD OF BRUNO PITTINI. DETAILS, PAGE 245.



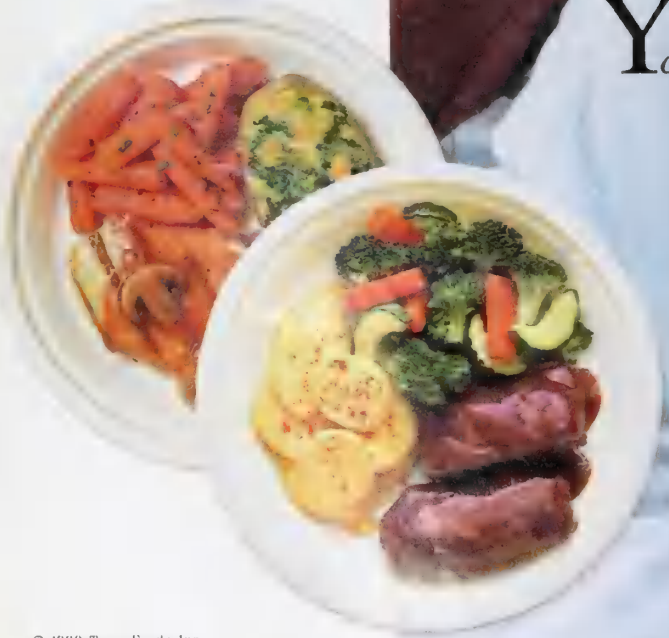


Why are the sauces so delicious?

The side dishes so special?

Why is every dinner so wonderfully unique?

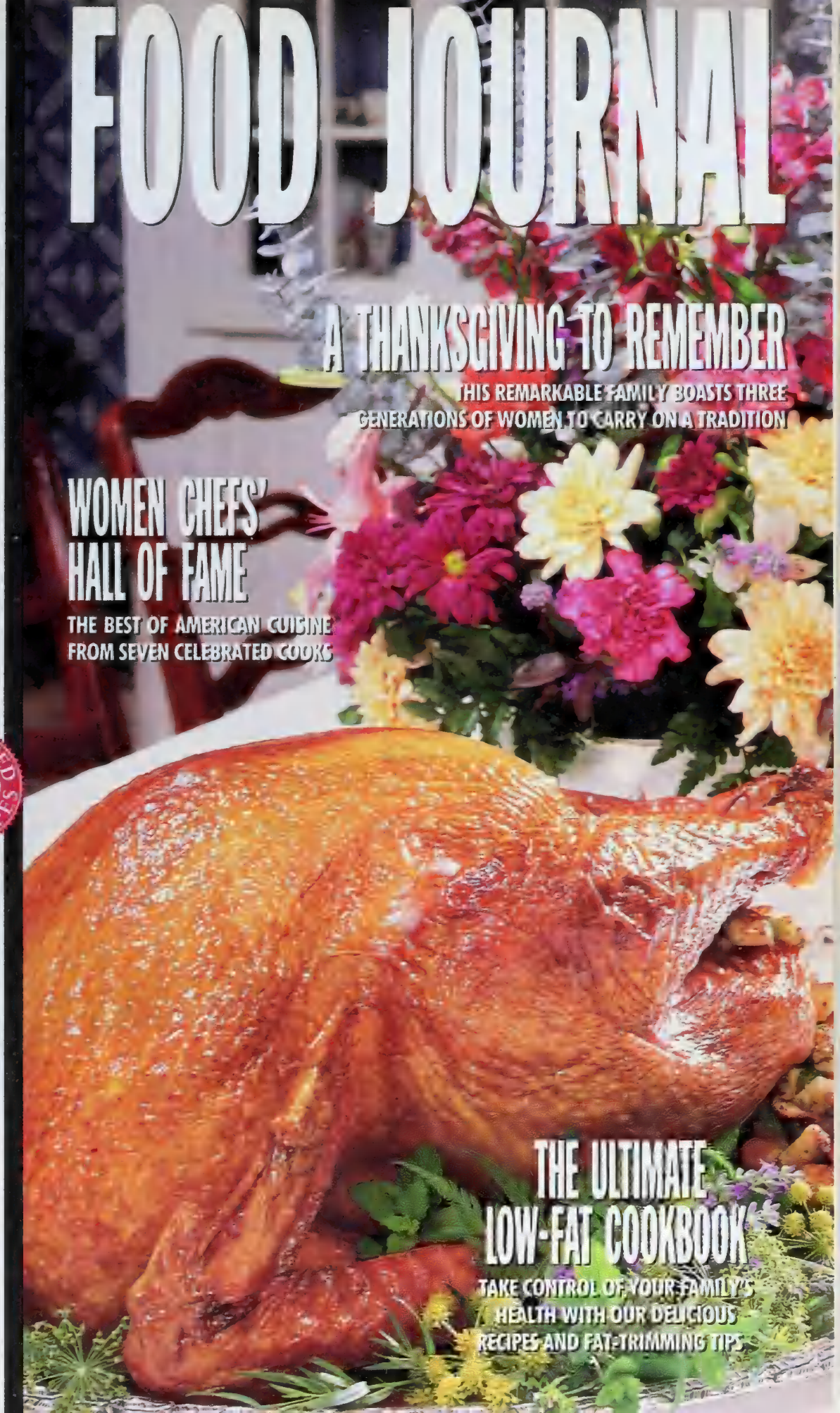
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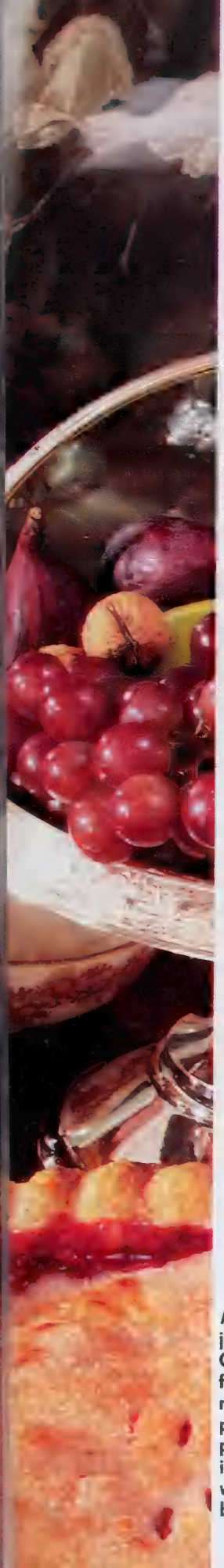
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FOOD JOURNAL
A THANKSGIVING TO REMEMBER
THIS REMARKABLE FAMILY BOASTS THREE GENERATIONS OF WOMEN TO CARRY ON A TRADITION
WOMEN CHEFS' HALL OF FAME
THE BEST OF AMERICAN CUISINE FROM SEVEN CELEBRATED COOKS
TRIPLE-TESTED RECIPES
LHJ
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TAKE CONTROL OF YOUR FAMILY'S HEALTH WITH OUR DELICIOUS RECIPES AND FAT-TRIMMING TIPS







A THANKSGIVING TO REMEMBER

When Lucille Call Cuningham prepared her first Thanksgiving on the farm in 1920, she probably never imagined she'd started a tradition that would still be going strong today. Lucille is now a ninety-seven-year-old great-grandmother, celebrating the holiday with her family for the *seventieth* time! It's no wonder Thanksgiving is cherished (it's the only time of the year when all sixty relatives get together), but the celebration just wouldn't be the same if Lucille, along with the three generations of Call women who succeed her, hadn't held steadfastly to her special customs. Though these days Lucille is a guest, her original menu is still the basis of the meal the Calls lovingly prepare. Join us for a visit...

A variety of pies are just desserts for the Call clan. Clockwise from top left: apple, mince, elderberry and pumpkin. Top right: A portrait of the family in their holiday finest with Gretchen, their beloved St. Bernard



Thanksgiving at Call Farms is family only—guests are rarely invited. When a girlfriend or boyfriend does come to dinner, it's a sure sign that a wedding is on the way









Savory appetizers—smoked trout and spiced cider—are set up in the living room (top). The elegant dining-room table (center) is just one of four holiday tables. Above: Matriarch Lucille surrounded by twelve of her thirty-two great-grandchildren. Right: Richard and Bee's daughter-in-law Peggy Call, Richard's brother David Call and daughter-in-law Nellie Call

Cooking begins at six A.M. on Thanksgiving morning at the Call homestead, a working vegetable farm in Batavia, New York. Richard and Bee Call (Richard is the fifth of Lucille's six children) have hosted the day since 1959, so planning the bountiful meal for their extended family (this year they number sixty!) is a piece of cake. But Bee knows that preparing food for such a big crowd is more than one woman can handle, so she assigns various dishes to her children, in-laws and nieces. "My sister-in-law Rindy Call always brings the squash, and my brother-in-law Harlan Brumsted, who fishes in the Adirondacks, contributes his catch—trout or salmon—which he smokes himself. And several people bring mashed potatoes," says Bee, "because we really need a *lot*!" Bee's contribution to her mother-in-law's original menu is scalloped oysters and hot spiced cider. The rest of the meal is made up of traditional favorites like cranberry sauce, creamed onions, harvard beets, bread stuffing and two fresh twenty-three-pound turkeys ("If they were any bigger," explains Bee, "they wouldn't fit into the oven").

Dinner is served between one and two o'clock *(continued)*

Big Rewards

With Easy Cream Cheese Clouds.



EASY CREAM CHEESE CLOUDS *(Makes 10)*

1 8 oz. pkg. cream cheese, softened
½ c. powdered sugar
¼ tsp. vanilla extract
1 c. heavy cream
1 can cherry pie filling
chopped nuts (optional)

Mix cream cheese, sugar and vanilla at medium speed on electric mixer. Gradually add heavy cream; mix well. Whip until thickened. ◊ Using the back of a spoon, shape into ten 3½" shells. Place on waxed paper-lined cookie sheet. ◊ Freeze two hours or overnight.

When ready to serve, fill with cherry pie filling. ◊ Sprinkle chopped nuts on top if desired.

erica's Dairy Farmers
onal Dairy Board
tional Dairy Board 1989



EATE A STIR WITH CREAM CHEESE.



(continued) from buffet tables set up in the dining room and kitchen. To keep things running smoothly, all the adults and older children are given tasks—from pouring water to making gravy. Guests can eat wherever they want, except in the dining room, which is reserved for the Call family "board of directors": Grandma Lucille, her six children and their spouses. The festivity of the day is eating. (Because it's hard to find time even to chat with everyone, the only activity planned is lots of picture-taking.)

In 1977, Richard and Bee Call started a guest book as a keepsake for the holiday. Each year family members record their names and add special notations, such as a new baby's first Thanksgiving









This big family boasts *two* sets of twins (top)— Gregory and Nathaniel Clinton, and Kimberly and Keisha Desautels. Three years ago, Bee Call and Peg Call (center right) put together the Call Family Cookbook

By about seven P.M., whoever is still around heads next door to Bob and Rindy Call's for a light supper of cold sliced turkey, salad and cake (Rindy cooks a turkey just for this meal). The final highlight of the evening is usually a video of a family member's recent wedding or trip.

No one wants to go home; it means waiting another long year for the whole gang to get together again. But reunite they will—all five generations of Calls—to enjoy a traditional meal, catch up on the past year's most memorable events and give thanks—like all of us—for the opportunity to share a very special day.

We've scaled down the Call menu to serve twelve. Turn the page for recipes. ■



The Homemade Classic

Show your family how much you care by giving them a pumpkin pie from the heart instead of from the ...zer. Libby's famous pumpkin pie has been a homemade classic for generations. Make it easy and delicious ...h Libby's Pumpkin and Pillsbury All Ready Pie Crusts, the crust that bakes, tastes, and flakes like scratch.

...Y'S FAMOUS PUMPKIN PIE

- ...g. (15 oz.)
- ...lsbury® All Ready ...e Crusts*
- ... flour
- ...gs, slightly beaten
- ... (16 oz.) Libby's® ...lid Pack Pumpkin
- ¾ cup sugar
- ½ tsp. salt
- 1 tsp. ground cinnamon
- ½ tsp. ground ginger
- ¼ tsp. ground cloves
- 1 can (12 fl. oz.) Carnation® Evaporated Milk

...oven to 425° F. Prepare pie crust according to ...ge directions for filled one-crust pie. Refrigerate remaining pie crust for later use. Flute edge to stand ½ inch above rim. Mix filling ingredients in order given. Pour into pie crust-lined pan. Bake at 425° F for 15 minutes. Reduce heat to 350° F; continue baking 35 to 45 minutes or until knife inserted near center of pie comes out clean. (If necessary, cover edge of crust with a strip of aluminum foil to prevent excessive browning.) Cool completely. Garnish, if desired, with whipped topping.

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REAL

SMOKED TROUT WITH DILL SAU

pictured on page 234

You don't have to catch and smoke fish yourself, as Harlan Brumsted doe make this appetizer. The dill sauce, cr ed by his wife, Evelyn, is also tops smoked salmon.

Total prep time: 30 minutes

Dill Sauce
- ¼ cup red wine vinegar
- 2 tablespoons chopped fresh dill (1 tablespoon dried)
- 1 tablespoon sugar
- 1 tablespoon dry mustard
- 1 tablespoon fresh lemon juice
- 1 tablespoon minced onion
- ⅛ teaspoon ground red pepper
- Dash hot pepper sauce
- ¼ cup vegetable oil

- 2 smoked trout (8 oz. each)
- 16 slices firm white bread, toasted, trimmed and each cut into 4 triangles
- Lemon slice and dill sprigs, for gar

Dill Sauce: In blender combine vine dill, sugar, mustard, lemon juice, on pepper and pepper sauce; process 30 onds. With machine on, gradually add until smooth. Makes ¾ cup.

Skin and bone trout. Flake into ¾- pieces. Arrange on toast and spoon sc on top. Garnish with fresh lemon and sprigs, if desired. Makes 64 appetizers.

Nutrition info per appetizer: 35 calories, 2 protein, 1 gm fat, 4 gm carbohydrates, 100 sodium, 2 mg cholesterol.

BATAVIA SPICED CIDER

pictured on page 234

Can holiday guests receive a warmer w come than the inviting aroma of spi cider? This version is one of the best we ever tasted.

Prep time: 5 minutes
Cooking time: 12 minutes

- 1½ teaspoons whole allspice
- 3 cinnamon sticks (2 in.)
- 18 whole cloves
- 2 quarts apple cider or natural apple juice
- ¼ to ½ cup firmly packed brown sug
- Orange slices and cinnamon sticks, for garnish

Place allspice, cinnamon and cloves cheesecloth; tie ends together to m spice bag. Heat cider and brown suga large saucepan over medium-high h Add spice bag; reduce heat and simm until flavors are blended, 10 minutes. move spice bag. Serve hot or cold, g nished with orange slices and cinnam sticks. Makes 12 servings.

Nutrition info per serving: 105 calories, 0 gm tein, 0 gm fat, 26 gm carbohydrates, 8 mg sodiu mg cholesterol. *(continu*

THANKSGIVING
continued

Easy · Moderate · Challenging · Microwave

MENU

Smoked Trout with Dill Sauce
Batavia Spiced Cider
Scalloped Oysters
Call Family Turkey with Stuffing
Mashed Potatoes
Harvard Beets
Creamed Onions
**Green beans*
Thanksgiving Squash
Baked Cranberry Sauce
Crunchy Applesauce Bread
Pumpkin Bread
Apple Pie
Tawny Pumpkin Pie
Mince Pie
Merry Berry Pie
Coffee, Tea

**Recipe not given*

HANKSGIVING
ntinued

LOPED OYSTERS



Call, the hostess of the day, added ish years ago because she thought enu needed oysters. Now the family imagine Thanksgiving without them.

ime: 30 minutes
ng time: 20 minutes

ces firm white bread, toasted
p butter or margarine, melted
p chopped parsley
nts oysters (6 dozen)
p half and half cream
aspoon Worcestershire sauce
aspoon salt
aspoon freshly ground pepper
ash ground red pepper

at oven to 425°F. Slice toast into ½-ubes. Toss with butter and parsley in large bowl. Drain oysters, reserving ½ cup liquor. Combine reserved liquor with cream, Worcestershire, salt and peppers in bowl. Spread one third of the toast mixture in shallow 3-quart baking dish. Spoon on half the oysters, then half the liquor mixture. Repeat, layering toast, oysters, liquor and toast. Bake uncovered 20 minutes or until bubbly. Makes 12 servings.

Nutrition info per serving: 305 calories, 12 gm protein, 20 gm fat, 20 gm carbohydrates, 540 mg sodium, 114 mg cholesterol.

CALL FAMILY TURKEY WITH STUFFING

pictured on page 231

The family needs two turkeys to feed their sixty-plus relatives. For even color, roast your bird without a foil covering.

Prep time: 1 hour
Cooking time: 4½ to 5½ hours

Stuffing
- ½ cup butter or margarine
- 1½ cups chopped celery
- 1 cup chopped onions
- ¾ pound mushrooms, sliced
- 8 cups dry bread cubes
- 1½ teaspoons poultry seasoning
- 1½ teaspoons sage
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 cup chicken broth

1 whole turkey (18-20 lb.), thawed
2 tablespoons butter or margarine

Pan Gravy
- ¼ cup all-purpose flour
- Chicken broth
- Salt and freshly ground pepper

Stuffing: Melt butter in skillet over medium heat. Add celery and onions; cook until softened, 10 minutes. Stir in mushrooms; cook 10 minutes more. Toss in bowl with remaining ingredients. Cool completely. *(Can be made ahead. Cover; refrigerate up to 24 hours.)* Makes 10 cups.

Preheat oven to 325°F. Loosely fill neck and body cavities of turkey with stuffing. Fold neck skin over back of turkey; fasten with skewer. Tie legs together with string.

Place turkey, breast side up, on rack in shallow roasting pan. Rub with butter. Roast 4½ to 5½ hours or until meat thermometer inserted in inner thigh reaches 180°F. Let stand 15 to 20 minutes before carving. Makes 16 servings.

Pan gravy: Pour off and reserve drippings from pan. Skim fat, reserving ¼ cup. Return reserved fat to pan. Stir in flour and cook, stirring, over medium heat 2 minutes. Add pan drippings plus enough broth to equal 3 cups. Bring to boil; cook, stirring, 3 minutes. Season with salt and pepper. Makes 3 cups.

Nutrition info per ½ cup stuffing: 115 calories, 3 gm protein, 6 gm fat, 13 gm carbohydrates, 283 mg sodium, 13 mg cholesterol.

Nutrition info per 3 ounces turkey: *(continued)*

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THANKSGIVING
continued

145 calories, 25 gm protein, 4 gm fat, 0 gm carbohydrates, 63 mg sodium, 65 mg cholesterol.

Nutrition info per 2 tablespoons pan gravy: 40 calories, 1 gm protein, 4 gm fat, 1 gm carbohydrates, 131 mg sodium, 5 mg cholesterol.

MASHED POTATOES

The Calls grow potatoes on their farm, so gathering enough spuds for the family's favorite side dish is a snap.

Prep time: 30 minutes
Cooking time: 20 minutes

- 8 large baking potatoes (4 lb.), peeled and quartered
- 3 quarts water
- 2 teaspoons salt
- ¾ cup milk
- ¾ cup half and half cream
- 6 tablespoons butter or margarine

Combine potatoes, water and salt in large saucepot. Cook over high heat until potatoes are tender, about 20 minutes.

Heat remaining ingredients in saucepan over medium heat. Drain potatoes. Return to pot and mash. Add remaining ingredients; stir until blended. Makes 12 servings.

Nutrition info per serving: 170 calories, 3 gm protein, 8 gm fat, 22 gm carbohydrates, 354 mg sodium, 23 mg cholesterol.

HARVARD BEETS



When in-law Phil Clinton joined the family, he introduced his favorite way to serve beets. Of course, the beets are fresh from the Call farm.

Prep time: 20 minutes
Cooking time: 40 minutes

- 4 pounds fresh beets, trimmed
- 2 quarts water
- 1 teaspoon salt
- 2 teaspoons butter or margarine
- 2 teaspoons flour
- ⅓ cup cider vinegar
- ½ cup sugar

Combine beets, water and salt in saucepot. Cook over medium-high heat until tender, 35 to 45 minutes. Drain, reserving ⅓ cup beet liquid. Cool beets; peel and slice.

Melt butter in saucepan over low heat. Stir in flour; cook 30 seconds. Gradually stir in vinegar and reserved liquid. Add sugar and cook, stirring until thickened. *(Can be made ahead. Cover; refrigerate beets and sauce separately up to 24 hours.)*

Add beets to sauce, stirring to coat. (If made ahead, heat over low heat, about 10 minutes.) Makes 8 cups.

Nutrition info per ½ cup: 65 calories, 1 gm protein, 1 gm fat, 14 gm carbohydrates, 128 mg sodium, 0 mg cholesterol.

ELIZABETH'S CREAMED ONIONS



A classic that Betty Call Kingsley always brings. Though this dish is traditionally made with pearl onions, you can use baby small onions.

Prep time: 30 minutes
Cooking time: 20 minutes

- 3 pints pearl onions
- ¼ cup butter or margarine
- ¼ cup all-purpose flour
- 2 cups milk
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ¼ teaspoon Worcestershire sauce
- ¼ cup chopped parsley

Combine onions with water to cover in saucepan; bring to boil. Boil 6 to 8 minutes until tender. Drain. Rinse under cold water; peel.

Melt butter in saucepan over medium heat. Add flour and cook, whisking, 1 minute. Gradually whisk in milk; bring to boil, whisking. Reduce heat and simmer, stirring occasionally, 5 minutes. Stir in salt, pepper, Worcestershire and onions; cook, stirring until heated through. Stir in parsley. *(Can be made ahead. Cool. Cover and refrigerate up to 24 hours. Reheat, stirring over low heat about 15 minutes.)* Makes 4 cups.

Nutrition info per ⅓ cup: 100 calories, 2 gm protein, 5 gm fat, 12 gm carbohydrates, 161 mg sodium, 0 mg cholesterol.

THANKSGIVING SQUASH

pictured on page 236

Rindy Call has been making her buttered squash recipe for thirty-nine years. She prepares it ahead and freezes it.

Prep time: 20 minutes
Cooking time: 1 hour

- 4 large butternut squash (8-10 lb. total)
- ½ cup butter or margarine
- ⅓ cup firmly packed brown sugar
- 1 teaspoon salt

(continued)

HUNT'S® GREAT AMERICAN COOKS

This is Carol Hancock.
World Chili Cook-off Champion.
Favors rhinestones with denim.
She uses Hunt's.



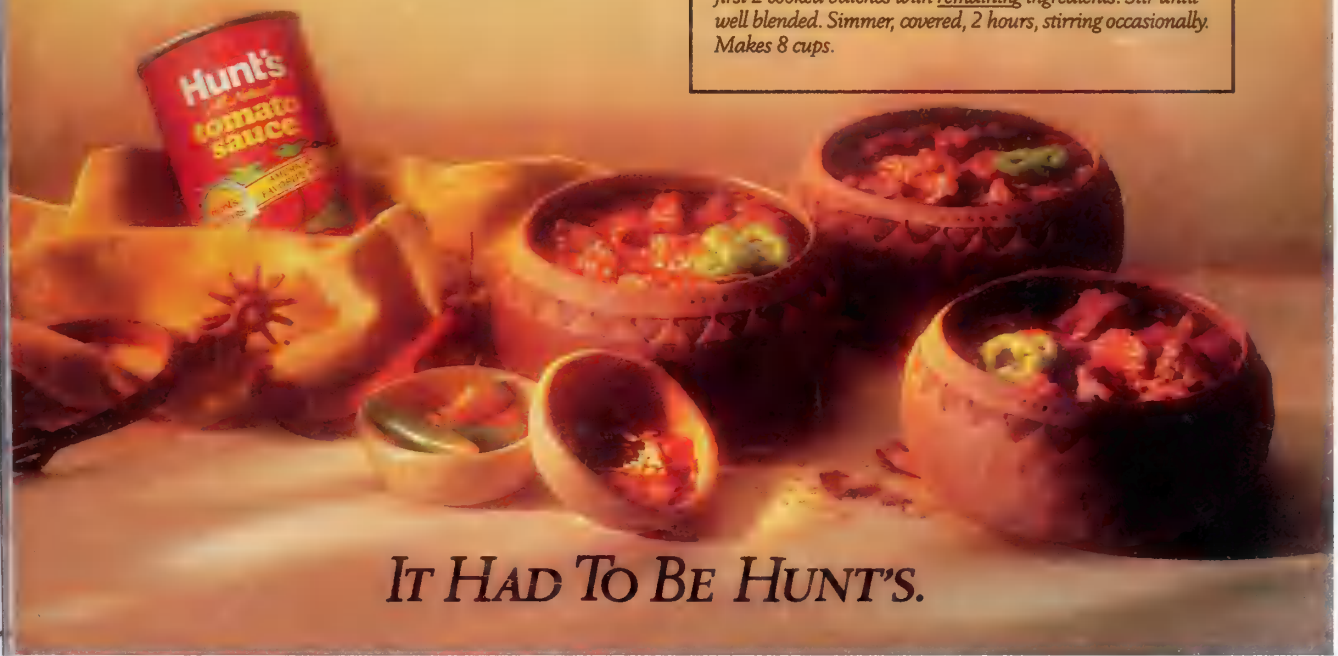
This is her Hunt's
Shotgun Willie Chili.

This is one five-star bowl of red. With beans on the side please, and sirloin to sear. It also has Hunt's right in the thick of it. Where Hunt's has been in crowd-pleasing kitchens for over 100 years. Carol says this has "just the right amount of kick." You should see the way she smiles when she says it.

Carol's Shotgun Willie Chili

3 lbs. trimmed sirloin beef, cubed or coarsely ground
2 medium onions, finely chopped
1 Tablesp. fresh minced garlic
9 Tablesp. Wesson Vegetable Oil
1 (15-oz.) can Hunt's Tomato Sauce
½ cup Gebhardt Chili Powder
1 (14½-oz.) can beef broth
1 Tablesp. New Mexico Chili Powder
1 Tablesp. Pasilla Chili Powder
1 Tablesp. each: ground cumin, salt and vinegar
1 teasp. each: ground oregano and pepper
½ teasp. each: cayenne pepper and hot pepper sauce

In large bowl, combine beef, onions and garlic. In Dutch oven or stockpot, brown ⅓ beef mixture in 3 tablespoons hot oil; remove and set aside. Repeat with remaining beef and oil. Leave last batch of cooked beef in pot and add first 2 cooked batches with remaining ingredients. Stir until well blended. Simmer, covered, 2 hours, stirring occasionally. Makes 8 cups.



IT HAD TO BE HUNT'S.



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8- or 9-Inch Double Crust
cups all-purpose flour 1 tsp. salt
Crisco Shortening 5 tbsp. cold water

ine flour and bowl.

risco into flour pastry blender nives) to form ze chunks.
kle water one at a time. **Toss** with fork until forms ball.
e in half.

to form two 5- . "pancakes." each side.
one into a 2- (13 x 15 in.) food storage between of wax paper. close bag.
r "pancake."

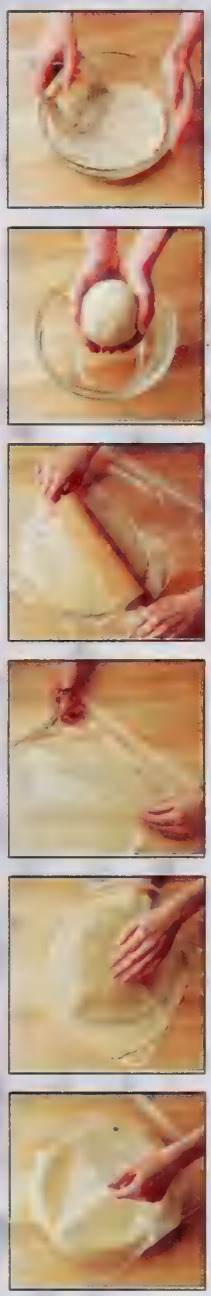
on dampened r top. **Roll** into circle, 1 in. than upside- ie plate.
kle flour on if it sticks.) or even rolling.
t for top crust.

g on all 3 sides. ve top sheet.

to pie plate.

ff plastic. **Press** e plate. **Trim** ven with pie **Add** filling and n edge. **Cover** p crust and in. larger than te. **Fold** under ite.

nd **bake** ing to recipe.



diana Hoosier Harvest Apple Pie recipe and other ning pie recipes from all 50 states, send $1.25 noney order) to: *1990 American Pie Celebration* P.O. Box 9949, Maple Plain, MN 55393.



THANKSGIVING
continued

½ teaspoon freshly ground pepper

Preheat oven to 400°F. Halve squash lengthwise; scrape out seeds. Arrange cut side down in 2 roasting pans. Bake 1 hour, switching pans halfway through, until tender. Cool. Scrape out flesh; mash in bowl. Stir in remaining ingredients. *(Can be made ahead. Cool. Freeze up to 1 month. Thaw in refrigerator overnight. Reheat over low heat 15 minutes.)* Makes 6 cups.

Nutrition info per ½ cup: 220 calories, 3 gm protein, 8 gm fat, 39 gm carbohydrates, 275 mg sodium, 21 mg cholesterol.

BAKED CRANBERRY SAUCE



Diane Kingsley, a Call daughter-in-law who lives on Cape Cod, makes this with cranberries she picks at a friend's bog.

Prep time: 10 minutes
Baking time: 45 minutes

1 pound (4 cups) cranberries
1 jar (12 oz.) orange marmalade
¾ cup sugar
¼ cup water
1 cup chopped toasted pecans

Preheat oven to 350° F. Combine first four ingredients in 13x9-inch glass baking dish. Bake uncovered 45 minutes. Stir in pecans. Serve warm or chilled. *(Can be made ahead. Cool. Cover and refrigerate up to 1 week.)* Makes 4 cups.

Nutrition info per ¼ cup: 150 calories, 1 gm protein, 5 gm fat, 29 gm carbohydrates, 3 mg sodium, 0 mg cholesterol.

THANKSGIVING QUICK BREADS

The cousins take turns preparing the breads: This year Patti Call Stokes will contribute the applesauce bread, Alice Wells, the pumpkin.

CRUNCHY APPLESAUCE BREAD

Prep time: 15 minutes plus cooling
Baking time: 1 hour

2 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
½ teaspoon salt
½ teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon allspice
2 large eggs, lightly beaten
1¼ cups unsweetened applesauce
1 cup granulated sugar
½ cup vegetable oil
½ cup chopped pecans or walnuts

Topping
¼ cup chopped pecans or walnuts
¼ cup firmly packed brown sugar
¼ teaspoon cinnamon

Preheat oven to 350°F. Grease 9x5-inch loaf pan. Combine first seven ingredients in medium bowl. Whisk eggs, applesauce, sugar and oil in large bowl. Whisk in dry ingredients until smooth. Stir in nuts; pour into prepared pan. Sprinkle with topping.

Bake 1 hour or until toothpick inserted in center comes out clean. Cool in pan on wire rack 10 minutes. Remove from pan and cool. *(Can be made ahead. Wrap well and freeze up to 1 month. Thaw at room temperature 6 hours.)* Cut bread into ½-inch-thick slices. Makes 18 servings.

Topping: Combine all ingredients in bowl.

Nutrition info per slice: 205 calories, 2 gm protein, 10 gm fat, 28 gm carbohydrates, 139 mg sodium, 24 mg cholesterol.

PUMPKIN BREAD

Prep time: 15 minutes plus cooling
Baking time: 70 minutes

1⅔ cups all-purpose flour
1½ teaspoons baking powder
1 teaspoon baking soda
1 teaspoon cinnamon
½ teaspoon salt
2 large eggs, lightly beaten
1½ cups sugar
1½ cups canned pumpkin
½ cup vegetable oil
⅓ cup *each* chopped walnuts and raisins

Preheat oven to 350°F. Grease 9x5-inch loaf pan. Combine first five ingredients in medium bowl. Whisk eggs, sugar, pumpkin and oil in large bowl. Whisk in dry ingredients until smooth. Stir in nuts and raisins. Pour into prepared pan.

Bake 70 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack 10 minutes. Remove from pan; cool. *(Can be made ahead. Wrap and freeze up to 1 month. Thaw at room temperature 6 hours.)* Cut into ½-inch-thick slices. Makes 18 servings.

Nutrition info per slice: 200 calories, 2 gm protein, 8 gm fat, 30 gm carbohydrates, 151 mg sodium, 24 mg cholesterol.

APPLE PIE

pictured on page 232 and 233

Everyone looks forward to Aunt Evelyn's apple pie, and Grandma Lucille admits it's her favorite dessert.

Prep time: 40 minutes plus cooling
Baking time: 1 hour 20 minutes (continued)

Pie Pastry (recipe on page 245)
1 cup sugar
2 tablespoons flour
1 teaspoon cinnamon
4 McIntosh apples, peeled and sliced
4 Granny Smith apples, peeled and sliced
2 tablespoons butter or margarine

Preheat oven to 425°F. Roll larger pastry disk into 11-inch circle. Line 9-inch pie plate with pastry. Combine sugar, flour and cinnamon in large bowl. Add apples and toss well. Mound in prepared pie plate. Dot with butter. Roll smaller pastry disk into 11-inch circle. Place over filling; flute edges. Cut vents. Place on cookie sheet.

Bake 20 minutes. Reduce heat to 375°F. and bake 1 hour more, until apples are tender. *(Can be made ahead. Cover and store at room temperature up to 24 hours. Reheat in 350°F. oven 15 minutes, if desired.)* Makes 12 servings.

Nutrition info per serving: 310 calories, 2 gm protein, 13 gm fat, 47 gm carbohydrates, 255 mg sodium, 19 mg cholesterol.

TAWNY PUMPKIN PIE

pictured on page 232 and 233

Mary Call adapted this recipe from one that appeared in a favorite cookbook, the "Farm Journal Country Cookbook."

Prep time: 30 minutes plus cooling
Baking time: 1 hour 5 minutes

Pie Pastry (recipe on page 245)
2 large eggs, beaten
1½ cups canned pumpkin
1 cup evaporated milk
¾ cup sugar
1 teaspoon *each* flour and cinnamon
½ teaspoon salt
½ teaspoon vanilla extract
¼ teaspoon ginger

Preheat oven to 425°F. Roll larger pastry disk into 11-inch circle. Line 9-inch pie plate with pastry; flute edge. Freeze 15 minutes. Line pastry with foil and fill with dried beans. Bake 10 minutes; remove foil and beans and bake 10 minutes more, until golden. Cool on wire rack.

Whisk remaining ingredients in large bowl until smooth. Pour into pastry shell. Bake 15 minutes. Reduce oven heat to 350°F. and bake 30 minutes more or until set. Cool on wire rack. *(Can be made ahead. Cover and store at room temperature up to 24 hours.)* Makes 12 servings.

Note: Roll smaller pastry disk into 9-inch circle. Cut leaf pattern. Bake on cookie sheet in preheated 350°F. oven 20 minutes, until golden. Cool. Just before serving, place decoration on pie.

Nutrition info per serving: 270 calories, 5 gm protein, 13 gm fat, 33 gm carbohydrates, 361 mg sodium, mg cholesterol.

MINCE PIE

pictured on page 232 and 233

To save time, Bee Call starts with prepa mincemeat, but she adds pears and ange peel for a fresh, lively flavor.

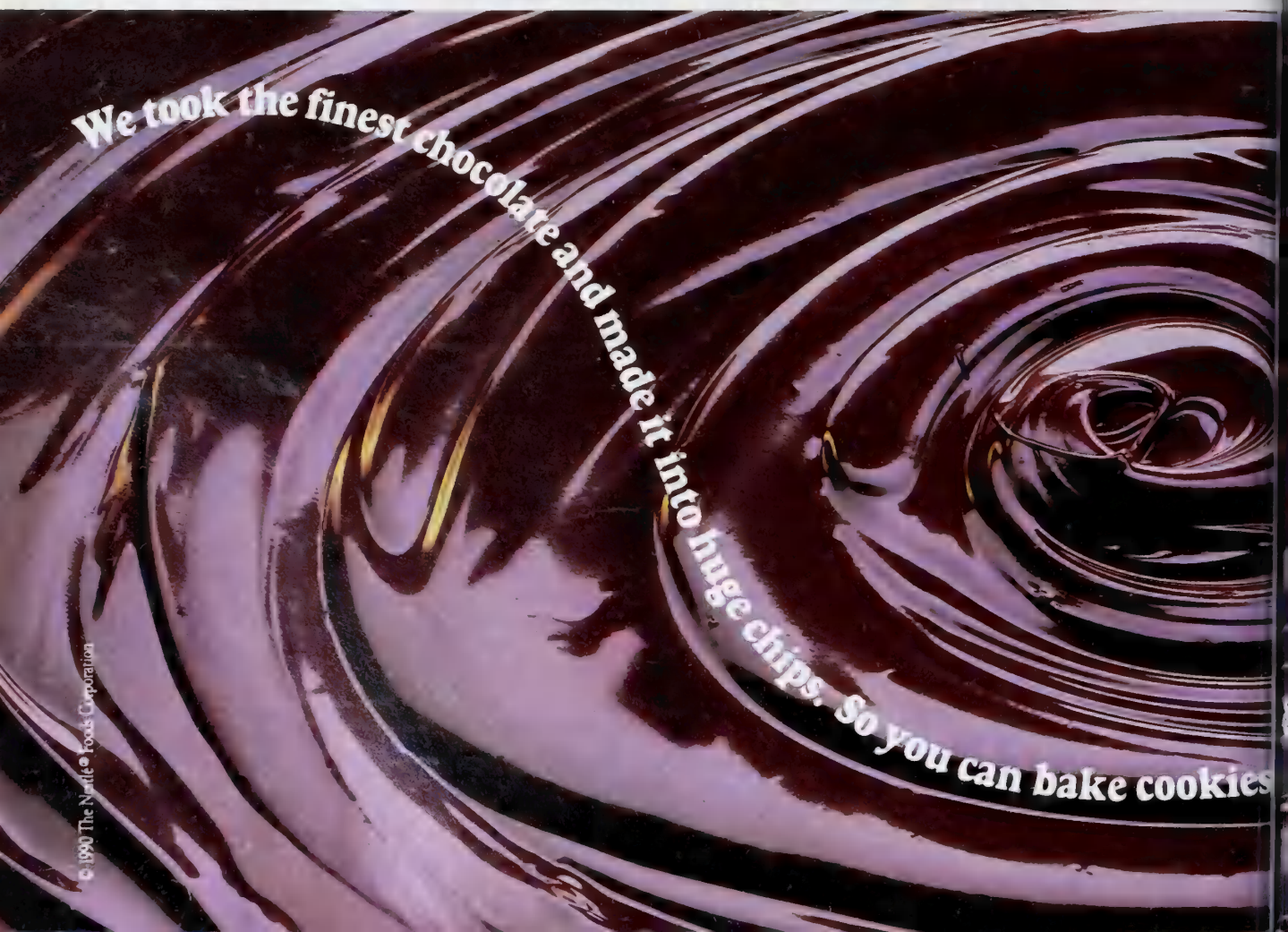
Prep time: 40 minutes plus cooling
Baking time: 45 minutes

5 cups diced ripe pears
1½ cups prepared mincemeat
¼ cup firmly packed brown sugar
½ teaspoon grated orange peel
Pie Pastry (recipe on page 245)

Heat pears, mincemeat and brown su to boiling in large saucepan. Reduce h and simmer, stirring occasionally, 30 m utes. Stir in peel and cool completely.

Preheat oven to 425°F. Roll larger p ry disk to 11-inch circle. Line 9-inch plate with pastry. Fill with pear mixt Roll smaller disk to 9-inch circle. Cut twelve ½-inch-wide strips; arrange in tice pattern over filling. Flute edges. B 15 minutes. Reduce oven heat to 37 bake 30 minutes more. Cool. *(Can made ahead. Cover and store at r temperature up to 24 hours.)* Makes servings.

Nutrition info per serving: 310 calories, 3 gm pro 12 gm fat, 49 gm carbohydrates, 337 mg sodiu mg cholesterol.



RRY BERRY PIE

ured on page 232 and 233
erry pie always graces the Call dessert e. Evelyn freezes plenty of berries from garden just for the Thanksgiving pies.
o time: 30 minutes plus cooling ○
ing time: 40 to 50 minutes

Pie Pastry (recipe follows)
o 1¼ cups sugar
up all-purpose flour
easpoon salt
ups whole frozen raspberries, elderberries or blueberries
ablespoon distilled vinegar
ablespoon butter or margarine

heat oven to 400°F. Roll larger pastry to 11-inch circle. Line 9-inch pie plate pastry. Combine sugar, flour and salt owl. Add berries; toss. Spoon into pared pie plate. Sprinkle with vinegar; with butter. Roll smaller pastry disk into ch circle. Place over filling; flute edges. vents. Place on cookie sheet. Bake 40 50 minutes, until filling is bubbly in ter. Cool on wire rack. *(Can be made ad. Cover and store at room tempera- up to 24 hours.)* Makes 12 servings.

tion info per serving: 285 calories, 3 gm pro- 12 gm fat, 43 gm carbohydrates, 290 mg sodi- 16 mg cholesterol.

PIE PASTRY

Total prep time: 10 minutes plus chilling ○

2 cups all-purpose flour
1 teaspoon salt
⅓ cup cold butter or margarine, cut up
⅓ cup vegetable shortening
4 to 5 tablespoons cold water

Combine flour and salt in large bowl. With pastry blender or 2 knives, cut in butter and shortening until mixture resembles coarse crumbs. Sprinkle in water 1 tablespoon at a time, tossing with fork, just until mixture begins to hold together. Shape into 2 balls, one slightly larger than the other, wrap and flatten into disks. Refrigerate 30 minutes. ■

Journal Shopping Center

WOMEN OF THE YEARS
Page 83 Clockwise, from top left: UPI/Bettmanana Newsphotos, Motion Picture & TV Photo Archive, Eugene R. Richee/Motion, Picture & TV Photo Archive, Eric Rassmussen, Globe Photos. **Page 84** Top left, UPI/Bettmann Newsphotos; bottom left, Eric Rasmussen; top right, Howard Frank; right middle, D. Issermann/Sygma; bottom right, UPI/Bettmann Newsphotos. **Page 86** Top, Howard Frank; left, Eric Rasmussen; Taylor, Howard Frank; Kennedy, Leonard McCombe/Life; Friedan, UPI/Bettmann Archive. **Page 88** Left, Eric Rasmussen; top middle and top right, J.R. Hamilton/Globe Photos; middle right, Globe Photos, bottom, UPI/Bettmann Newsphotos. **Page 92** Left: Photo, Eric Rasmussen; prop stylist, Julie Gong; hair and makeup, Gregory Paul. From top left: M. Philippot/Sygma, Brigitte Lacombe/Gamma-Liaison, Steve Schapiro/Sygma, Teke/Gamma-Liaison.

A HOUSE WITHOUT A MAN IS STILL A HOME
Page 210-211 Motif Designs, 20 Jones Street, New Rochelle, NY 10801. Artistic Manor Florists, Pelham, N.Y.. "The Ralph Lauren Home Collection," for store information, 212-606-2100. Paul Hanson Co., 610 Commercial Ave., Carlstadt, NJ 07072. Lane Co., 1-800-447-4700. radiator covers, Caglioti Construction Co., New Rochelle, NY. Slipcovers, Bernie Diprinzio, Valhalla, NY; wallpaper hanger, Sue Chapman, Pelham, NY. Fabric information: living room, on table, Juniper-Tea-LFY-6428F; table scarf and bedroom chair slipcover, Lillian-Print-LFY-6437F; chairs and ottoman, Evelyn-Cream-LFY-6439F; bedroom, vanity and walls below chair rail, Sarasota Stripe-Blue-LFY-308F, walls above chair rail, Rebecca-LFY-964F; bedding, Allison Floral, pink and white Oxford Stripe, Patience (white eyelet); Redi-cut Carpets, Mt Vernon, NY. **Pages 214-215** Michael Foster, 148 W. 77th Street, NYC 10024, 212-874-0066. Sofa #3026 Milan Gold, Chairs #8010 Sheffield Persimmon, ottoman #950 Aurthur Gold, bench #1692 Milan Peach, sisal "Masland-Sawgrass" #9841, Expressions Custom Furniture, 1-800-544-4519. Drop leaf table #37-1226, side table #33-2532, round skirted table #21-3305,Pencil Post bed #57-2715, shaker end table #33-2530, pie crust table #33-0800, Habersham Plantation, Box 1209, Toccoa, GA 30577. Country Swedish, 35 Post Road West, Westport, CT 06880. Duette window shades, Hunter Douglas Window Fashions, to order brochure 1-800-4-DUETTE. Covington Fabrics Corp, 267 Fifth Ave, NYC 10016. Frederick Cooper Lamps, 2545 West Diversey Ave, Chicago, IL 60647. Bedding, Imperial Damask by Adrienne Vittadini available at fine stores. Edward Russell Decorative Accessories, 486 Broadway, 5th floor, NYC 10013. Deco child, teddy bear chair #61-3006, Cadwell, P.O. Box 1155, Toccoa, GA 30577. Antique needlepoint rug, Windsor hook rug, antique Aubusson pillow, ABC Carpets & Home, 888 Broadway NYC 10003. Antique pillow = sofa, cachet pot, flower holders, papier-maché dish, antique fruit. Accents Unlimited, 360 Amsterdam Ave., NYC 10024.

GREAT FACES
Pages 224-225 Left: Makeup, Cover Girl; Replenishing Ultra Finishing Foundation in soft beige, Clean Make-up Pressed Powder in creamy natural, 4 Kit Shadow in candlelit dreams, Perfect Blend Pencil in mink frost, Extremely Gentle Mascara in black brown, Cheekers in pretty peach, Continuous Color Lipstick in toasted almond. Right: Makeup, Lancôme; Natural Finish Treatment Foundation = Beige Sand, Loose Powder in Translucent, Brush-On Creme CheekColour in Blushing Berry, Le Crayon Khol in Black Coffee, Gentle Lash Thickener in Black, CremePowder EyeColour Quartet in Couture de Lancôme, Lip Contour = Fresco, Hydrating Creme LipColour in Rose Lamé. **Pages 226-227** Left: Makeup, Maybelline; CoverStick in Dark Medium, Maybelline Long Wearing Make-up in Tawny Beige, Satin Complexion Pressed Powder in Toasted Beige, Brush/Blush in Gentle Rose, Maybelline Long Wearing Lipstick in Soft Plum, Colorstix Powder Eye Shadow in Smoke, Turning Point Eyeliner in Black, Fresh Lash 24 Hour Mascara in Very Black. Right: Makeup, Ultima II; The Nakeds THE Foundation in F2, The Nakeds Pressed Powder in 3P, The Nakeds EyeColor in #9 and #10, The Naughty Nakeds Eye Pencil in Peep, Extra Full Mascara for Sensitive Eyes in Soft Black, The Naughty Nakeds Cheek Color in #7, The Naughty Nakeds LipChrome in #8, The Naughty Nakeds LipLiner in Smooch. **Pages 228-229** Left: Makeup, Max Factor; New Definition Perfecting Makeup in Fair Ivory (Warm 1), Powder Bar, Visual Eyes Picture Perfect Shadow in Sable, Champagne and Cantaloupe, Featherblend Kohliner in Storm Gray, Stretch Mascara in Brown/Black, New Definition Blush in Rose, New Definition Lipcolor in Rich Honey, Lip Definer/Lip Liner in Rose Berry. Right: All makeup, Revlon; New Complexion Makeup in Warm Beige, Naturally Glamorous Blush in Tawny Peach, Super Lustrous Lipstick in Strawberry Ice, Waterproof Lip Shaper in Redtones, Custom Eyes Shadow Duo in Naturally Tan, Waterproof Eye Shaper in Mink & Onyx, Super Lustrous Mascara = Black Cat Black, Revlon Nail Enamel in Love That Red.



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1½ cups all-purpose flour
¾ teaspoon baking soda
½ teaspoon salt
¾ cup (1½ sticks) butter, softened
½ cup sugar
½ cup firmly packed brown sugar
1 egg
½ teaspoon vanilla extract
One 10-oz. package (1½ cups) NESTLÉ® TOLL HOUSE® Treasures™ Semi-Sweet Chocolate Deluxe Baking Pieces
1 cup coarsely chopped pecans or walnuts

Preheat oven to 375°F. In small bowl, combine flour, baking soda and salt; set aside. In large mixer bowl, beat butter, sugar and brown sugar until creamy, 3–5 minutes. Beat in egg and vanilla extract. Gradually blend in flour mixture. Stir in Nestlé® TOLL HOUSE® Treasures™ Semi-Sweet Chocolate Baking Pieces and nuts. Drop by rounded measuring tablespoonfuls onto ungreased cookie sheets. Bake 8–10 minutes. Let stand 2 minutes before removing from cookie sheets; cool completely. Makes about 1½ dozen 2½-inch cookies.





Fannie Farmer
New England
Boiled Dinner

Irma Rombauer and Marion Becker
Golden Cake with Chocolate–
Cream Cheese Icing

"Betty Crocker" (as her image evolved)
Cheese Enchiladas

Helen Corbitt
Texas Grapefruit-and-Avocado
Salad with Poppy-Seed Dressing

Helen Evans Brown
Lamb Shish Kabobs

By Jan Turner Hazard
Food Editor

We're proud to present a star-studded honor roll of the talented women who taught many generations how to cook. They created a host of classic dishes sure to be your family's favorites—forever

WOMEN CHEFS' HALL OF FAME



Julia Child
Boeuf Bourguignon

These pioneers showed us the basics and set the trends for the future



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Fannie Farmer (1857–1915)

With the publication of "The Boston Cooking School Cook Book" in 1896, Fannie Merritt Farmer revolutionized American cooking. Her clear instructions made the book a success and laid the groundwork for accuracy in modern cooking. (She introduced measurements based on volume rather than weight.) And as the principal of the Boston Cooking School, she was one of the first women in the late nineteenth century dedicated to establishing "domestic science" as a subject worthy of study. Her original recipes, mostly from New England, offer a glimpse into a cooking style that we have come to know as traditional American.

NEW ENGLAND BOILED DINNER

Prep time: 15 minutes
Cooking time: 3¾ hours

- 4 to 5 pounds corned-beef brisket
- 8 medium onions, peeled
- 2½ pounds new potatoes
- 8 medium carrots, peeled
- 8 small turnips, peeled
- 8 small beets, unpeeled
- 1 medium head green cabbage, quartered and cored

Rinse beef and place in saucepot; a water to cover. Bring to boil over medi heat, skimming off foam that rises to s face during first 10 minutes. Reduce he cover and simmer 2 hours. Add onio and potatoes; continue simmering, c ered, 15 minutes. Add carrots and turni simmer covered 30 minutes more. move brisket and vegetables to ov proof platter; keep warm in oven.

Meanwhile, bring saucepan of wate boil. Add beets and cook until just ten when pierced with knife, 30 to 40 m utes. Drain and peel; keep warm in ov

Heat broth in saucepot to boiling. A cabbage, cover and cook until tende to 8 minutes. Drain and serve with bris vegetables and Horseradish Cre Makes 8 servings.

Nutrition info per serving: For 3 ounces beef, calories, 22 gm protein, 18 gm fat, 46 gm carbo drates, 1,110 mg sodium, 87 mg cholesterol.

HORSERADISH CREAM

Total prep time: 5 minutes

Beat ¾ cup heavy cream to stiff pe Fold in ¼ cup horseradish, 2 tablespo distilled vinegar and salt to taste. Ref erate until ready to use. Makes 2 cup

Nutrition info per 2 tablespoons: 40 calories, protein, 4 gm fat, 1 gm carbohydrates, 8 mg so 15 mg cholesterol.

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Irma Rombauer (1877-19 and Marion Rombauer Bec (1903-1976)

"Joy of Cooking" is the masterwor Irma Rombauer and her daughter, Ma Becker. It is the cookbook in many Am can kitchens. Generations of cooks learned the basics, such as the four cake below, from what many consider the ultimate reference book. Origin printed privately by Rombauer in her ho St. Louis in 1931, the cookbook is now i seventh edition (the eighth is expected year). Earlier editions contained R bauer's recipes and anecdotes. Becker' fluence showed in the attention she ga natural and health foods as early as 1950s and in her introduction of new f (a recipe for pesto appears in the edition). Thanks to both women's indivi contributions, their cookbook stands historical record of American culinary cerns and a manual of modern cooking

THE ROMBAUERS' GOLDEN CA

Prep time: 20 minutes plus cooling
Baking time: 25 to 30 minutes

- 2¾ cups sifted cake flour
- 2¼ teaspoons baking powder
- ½ teaspoon salt



cup butter or margarine, softened
cups sugar
large eggs, separated
teaspoons vanilla extract
cup milk

eat oven to 350°F. Grease three 9- round cake pans. Line bottoms with paper; grease paper and flour pans. ft flour, baking powder and salt to- er into medium bowl and set aside. eat butter in large mixer bowl until my. Add sugar and beat until light fluffy, scraping sides of bowl occa- ally, 5 to 7 minutes. Beat in egg yolks at a time. Add vanilla and mix until ded. Reduce speed to low; add one ter of the flour mixture alternately one third of the milk, beating until oth after each addition. Repeat twice, nning and ending with flour mixture. another mixer bowl, beat egg whites stiff but not dry. Fold lightly into bat- our evenly into prepared pans.

ake 25 to 30 minutes, until toothpick ted in center comes out clean. Cool ans on wire racks 5 minutes. Invert wire racks; remove pans and paper. rt again and cool. Place 1 layer on ng plate and spread with ½ cup ic- Add second layer and ½ cup icing. top layer; ice top and sides of cake remaining icing. Makes 12 servings.

ion info per serving: With icing, 670 calories, 8 otein, 31 gm fat, 98 gm carbohydrates, 451 mg , 132 mg cholesterol.

COLATE–CREAM CHEESE ICING

prep time: 20 minutes

6 ounces cream cheese in mixer until smooth. Beat in 6 squares un- tened chocolate, melted, then ⅓ cup and 1 teaspoon vanilla extract. Add s sifted confectioners' sugar and ¼ oon salt; beat until smooth. Gradu- eat in 2 more tablespoons milk until is spreadable. Makes 3 cups.

ed by arrangement with the Bobbs-Merrill Company, imprint of Macmillan, Inc. from JOY OF COOKING by Rombauer and Marion Rombauer Becker. Copyright , 1975 by the Bobbs-Merrill Company, Inc.

y Crocker (1921–)

nal she may be, but for almost seventy Betty Crocker has represented a sim- tep-by-step approach to cooking. Cre- y General Mills in 1921 as a spokes- n for Gold Medal flour, she acquired a three years later for radio's first food- e program. The first painting of Betty red in 1950; her image has been up- six times over the years. Since "Betty er's Picture Cookbook" was pub- in 1950, with how-to illustrations of s, Betty Crocker cookbooks have tack- any subjects important to modern from microwaving to dieting to inter- al cuisine. Popular recipes, such as e Enchiladas, have been reprinted in Betty Crocker volumes.

CHEESE ENCHILADAS

Prep time: 50 minutes
Cooking time: 20 minutes

½ cup plus 2 tablespoons vegetable oil
1 cup chopped onions
2 teaspoons minced garlic
1 teaspoon chili powder
1 teaspoon oregano
1 teaspoon cumin
½ teaspoon salt
⅛ teaspoon freshly ground pepper
1 can (28 oz.) whole tomatoes
1½ cups shredded Cheddar cheese
1½ cups shredded Monterey jack cheese
12 corn tortillas (6 or 7 in. each)
1½ cups shredded lettuce
Radishes, ripe olives for garnish

Heat 2 tablespoons oil in saucepan over medium heat. Add onions, garlic and chili powder and cook, stirring, until onions are tender, about 5 minutes. Stir in next 5 ingredients. Heat to boiling; reduce heat and simmer uncovered until thickened, about 30 minutes.

Preheat oven to 350°F. Combine cheeses in bowl. Heat remaining ½ cup oil in skillet. Dip each tortilla lightly into hot oil to soften; drain on paper towels. Dip each tortilla into tomato mixture to coat both sides. Spoon about 2 tablespoons cheese on each tortilla; roll around cheese and place *(continued)*



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seam side down in 13x9-inch baking dish. Pour remaining tomato mixture over enchiladas; sprinkle with remaining cheese.

Bake uncovered 20 minutes or until enchiladas are hot. Top with lettuce, radishes and olives. Makes 6 servings.

Nutrition info per serving: 485 calories, 20 gm protein, 30 gm fat, 36 gm carbohydrates, 889 mg sodium, 55 mg cholesterol.

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Helen Corbitt (1907–1978)

Helen Corbitt's culinary career flowered on the plains of Texas. After twenty-five years as a dietitian, college professor and restaurant food director, in 1955 she became the director of restaurants at Neiman Marcus in Dallas. There she established an international reputation for sophisticated innovation in food. (Poppy-Seed Dressing, served with grapefruit and avocado, was one of her signature dishes in the Zodiac Room at Neiman Marcus.) In her menus, cookbooks, articles and lectures, she stressed that food should be as appealing to the eye as to the palate. As food consultant to the Greenhouse, a Dallas spa, she created elegant, healthful meals even before "spa cuisine" became a trend in the 1980s.

TEXAS GRAPEFRUIT-AND-AVOCADO SALAD WITH POPPY-SEED DRESSING

Total prep time: 20 minutes ○

Poppy-Seed Dressing
- ⅓ cup sugar
- ½ teaspoon dry mustard
- ½ teaspoon salt
- 3 tablespoons red wine vinegar
- 1 tablespoon grated onion
- ½ cup vegetable oil
- 2 teaspoons poppy seeds

- 2 grapefruit, peeled and sectioned
- 1 avocado, peeled and sliced
- 3 cups trimmed watercress

Poppy-Seed Dressing: Combine sugar, mustard and salt in blender. Add vinegar and onion and pulse until smooth. With blender at medium speed, pour oil through opening in lid until smooth. Add poppy seeds and blend a few seconds more. *(Can be made ahead. Store in refrigerator up to 1 week.)* Makes 1 cup.

Arrange grapefruit, avocado and watercress on 4 plates; drizzle each with 1 tablespoon dressing. Makes 4 servings.

Nutrition info per serving: 455 calories, 3 gm protein, 38 gm fat, 32 gm carbohydrates, 291 mg sodium, 0 mg cholesterol.

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Helen Evans Brown (1904–1964)

In 1936, Helen Evans Brown moved from New England to California and there followed a lifetime of interest in and passion for the heritage of West Coast cuisine. An expert on the many ethnic influences and regional differences in native California cooking, Brown wrote her "West Coast Cook Book" in 1952, which introduced Americans to international dishes, such as sukiyaki, that have since become staples on American menus. Her travels to Japan and the Far East with James Beard and Craig Claiborne after World War II had a profound influence on their work. "The Complete Book of Outdoor Cookery," written with James Beard in 1955, was the first comprehensive guide to the techniques of outdoor cooking (including the Middle Eastern shish kabob) and is the prototype for many other books on grilling and barbecuing. Long before California cuisine defined a regional style, Helen Evans Brown chronicled the influences that shaped it.

LAMB SHISH KABOBS

Prep time: 30 minutes plus marinating ○
Cooking time: 12 to 15 minutes

- 6 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 1 garlic clove, crushed
- ¼ teaspoon freshly ground pepper
- ¼ teaspoon thyme
- 1½ pounds lamb, cut into 2-inch pieces
- 1½ pounds small red potatoes
- 1 teaspoon salt
- 1 green pepper, cut into 2-inch pieces
- 12 cherry tomatoes
- Lemon wedges, for garnish

Whisk first five ingredients in glass bowl, reserving ¼ cup. Marinate lamb in bowl in refrigerator 2 to 4 hours.

Meanwhile, bring 2 quarts water to boil. Add potatoes and salt; cook 20 minutes or until tender. Drain potatoes and place in bowl with green pepper and tomatoes. Toss vegetables with reserved ¼ cup marinade. Set aside.

Prepare grill or preheat broiler and broiler pan. Remove meat from refrigerator 30 minutes before cooking. Thread lamb alternately with vegetables on six 14-inch skewers. Grill 4 inches from heat source 12 to 15 minutes, turning skewers every 3 minutes for medium-rare lamb. Garnish with lemon. Makes 6 servings.

Nutrition info per serving: 310 calories, 25 gm protein, 13 gm fat, 22 gm carbohydrates, 530 mg sodium, 74 mg cholesterol.

Adapted from THE COMPLETE BOOK OF OUTDOOR COOKERY by James A. Beard and Helen Evans Brown. Copyright © 1983 by James A. Beard and Helen Evans Brown. Published by Harper & Row Publishers, Inc. Reprinted by permission.

Julia Child (1912–)

Julia Child is a household name to the American public, thanks to her long-running, Emmy Award—winning cooking show on PBS, "The French Chef." She brought an assurance to Americans that we, too, could learn the complicated techniques French cooking. California-born Chi studied French cooking at the Cordon Bl in Paris and began her career as a teach of French culinary technique with the pub cation of "Mastering the Art of Fren Cooking," co-written with Simone Beck a Louisette Bertholle, in 1961. Boeuf Bou guignon was a popular dinner-party entr after the book taught American hostess how to prepare it. Child has written s best-selling cookbooks, including her rece "The Way to Cook," in which she updat the recipes she introduced many years ag

BOEUF BOURGUIGNON

Prep time: 1 hour
Cooking time: 2¾ to 3 hours

- Water
- 6 ounces slab bacon
- 1 teaspoon olive or vegetable oil
- 3 pounds lean beef chuck, cut into 2-inch cubes
- 1 carrot, sliced
- 1 onion, sliced
- 1 teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 tablespoons flour
- 3 cups red wine
- 1 cup beef broth
- 1 tablespoon tomato paste
- 2 teaspoons minced garlic
- ½ teaspoon fresh thyme leaves
- 1 bay leaf, crumbled

Brown-Braised Onions
- 1½ tablespoons butter or margarin
- 1½ tablespoons vegetable oil
- 18 to 24 small white onions (12 oz
- ½ cup beef broth
- Bouquet garni: 4 parsley sprigs, ½ bay leaf and ¼ teaspoon thyme tied in cheesecloth

Sautéed Mushrooms
- 2 tablespoons butter or margarine
- 1 tablespoon vegetable oil
- 1 pound mushrooms, quartered

Chopped fresh parsley, for garnish

Heat 1½ quarts water in medium sau pan. Remove bacon rind and cut rem ing bacon into 1½x¼x¼-inch stri Simmer rind and bacon in pan 10 m utes. Drain and pat dry.

Adjust oven rack to lowest posit Preheat oven to 450°F. Heat oil in D oven over medium heat. Add bacon cook until golden, 2 to 3 minutes. Trar with slotted spoon to plate. Pat beef with paper towels. Reheat drippings almost smoking. Add beef a few piece a time and cook until browned on sides, about 10 minutes. Add to plate bacon. Add carrot and onion to D oven and cook until onion is golden, 5 minutes. Discard drippings. Return b bacon and rind to Dutch oven and with salt and pepper. Sprinkle on and toss again. Place Dutch *(contin*

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oven uncovered in oven 4 minutes. Toss meat and return to oven 4 minutes more. Reduce oven temperature to 325°F. Remove Dutch oven and stir in wine, broth, tomato paste, garlic and herbs. Bring to simmer over medium heat. Cover; place in lower third of oven. Cook 2¾ hours or until meat is pierced easily with fork.

Brown-Braised Onions: Meanwhile, heat butter and oil in skillet over medium heat. Add onions and cook, stirring occasionally, until evenly browned, about 10 minutes. Add broth and bouquet garni. Cover and simmer until onions are tender and liquid is evaporated, 20 to 30 minutes. Discard bouquet garni.

Sautéed Mushrooms: Heat butter and oil in skillet over high heat. When foam dies down, add mushrooms and cook, stirring, until lightly browned, 4 to 5 minutes.

When meat is tender, remove it and vegetables with slotted spoon; discard bay leaf.

Skim fat from sauce. Simmer 1 to 2 minutes, skimming off any additional fat, until thick enough to lightly coat back of spoon. Return meat and vegetables and simmer 2 to 3 minutes, basting meat and vegetables with sauce. *(Can be made ahead. Cool, cover and refrigerate up to 2 days. Twenty minutes before serving, bring to simmer, cover and simmer gently 20 minutes.)* Garnish with parsley. Makes 8 servings.

Nutrition info per serving: 435 calories, 38 gm protein, 26 gm fat, 12 gm carbohydrates, 732 mg sodium, 129 mg cholesterol.

Adapted from the book MASTERING THE ART OF FRENCH COOKING by Simone Beck, Louisette Bertholle and Julia Child. Copyright © 1961 by Alfred A. Knopf, Inc. All rights reserved. Reprinted by permission.

Alice Waters (1944–)

Inspired by the importance of fresh, seasonal food in French cooking, Alice Waters opened her first restaurant, Chez Panisse, in Berkeley in 1971, and defined the philosophy that came to be known as California cuisine: a creative and flexible combination of the best local ingredients, an innovative blend of new techniques and a casual presentation. To make this philosophy a reality, Waters led the way in establishing a close relationship between farmers and chefs. Her style has influenced a generation of contemporary chefs and brought a new repertoire of dishes, such as individual pizzas and fresh pasta with vegetables and herbs, to the American table.

LINGUINE AND FRIED EGGPLANT

Prep time: 30 minutes plus standing ○
Cooking time: 15 minutes

1 pound Japanese or Italian eggplant
½ cup plus 3 tablespoons olive oil
2 to 4 tablespoons red wine vinegar
1 cup fresh basil leaves, chopped
Salt and freshly ground pepper
1 pound fresh linguine
2 teaspoons minced garlic
3 anchovy fillets, chopped
2 cups packed arugula
1 roasted red pepper, julienned

Cut eggplant in quarters lengthwise, th into ¼-inch slices. Heat ¼ cup oil in skill over medium-high heat. Add half t eggplant and cook in single layer u lightly browned on both sides, 8 minut Drain. Add ¼ cup more oil to skillet a repeat with remaining eggplant. Trans to platter; sprinkle with vinegar to tas Toss with basil and ¼ teaspoon *each* s and pepper. Let stand 1 hour.

Cook linguine according to packa directions. Meanwhile, heat remaining tablespoons oil in skillet over low he Add garlic and anchovies and cook minutes. Increase heat to medium; dr linguine and add to skillet. Season w salt and pepper. Add arugula and eg plant; toss. Garnish with pepper. Make servings.

Nutrition info per serving: 595 calories, 18 protein, 27 gm fat, 74 gm carbohydrates, 155 sodium, 135 mg cholesterol.

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Spaghetti and meat sauce

1 lb. ground beef
½ lb. bulk Italian sausage
1 large onion, chopped
1 clove garlic, minced
1 28-oz. can tomatoes, cut up, undrained
1 6-oz. can tomato paste
½ cup chicken broth
1 8-oz. package fresh mushrooms, chopped
1 tsp. Italian seasoning
1 tsp. seasoned salt
1 bay leaf
1 (1 lb.) package Creamette spaghetti, uncooked
grated Parmesan

In dutch oven, cook beef, sausage, onion and garlic. Drain. Add next 7 ingreds. Simmer 30 min. Prepare Creamette® Spaghetti as pkg. directs. Drain. Serve sauce over hot spaghetti, pass the parm. Garnish.

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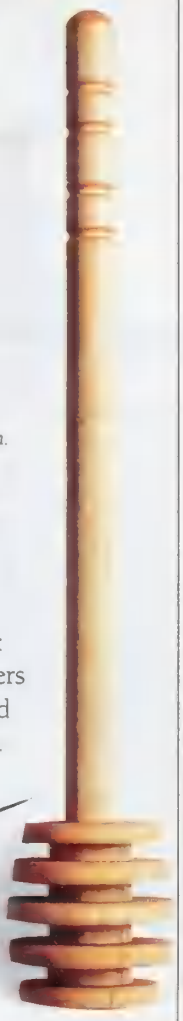
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HONEY GLAZED CARROTS.

3 cups carrots, whole or sliced
1/4 cup water
1/4 cup honey
2 tbsp. butter or magarine
2 tbsp. chopped parsley flakes
salt

Cook carrots until tender and drain. Stir remaining ingredients in with warm carrots until coated. Salt to taste. Yield: 6 servings.
Prep time: 5 minutes.



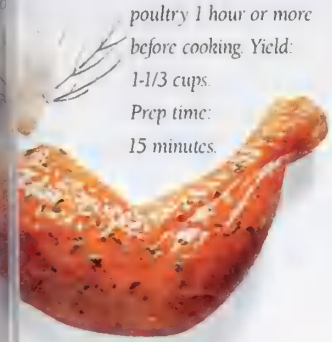
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HONEY
E.
h of soy sauce
white wine
ey
ons, chopped
1 tbsp. grated ginger root
1 clove garlic

Combine ingredients and mix thoroughly. Marinate fish, meat or poultry 1 hour or more before cooking. Yield: 1-1/3 cups. Prep time: 15 minutes.



HONEY MUSTARD MAYONNAISE.

3/4 cup mayonnaise
1/4 cup honey
2 tbsp. Dijon mustard
1 tsp. prepared horseradish

Combine all ingredients and mix thoroughly. Use on pasta salads, for fresh vegetable dip or heated over cooked vegetables. Yield: 1 cup. Prep time: less than 15 minutes.



SPICY HONEY SAUCE.

1 cup bottled chili sauce
1/2 - 3/4 cup honey
1/4 cup minced onion
2 tbsp. dry red wine
1 tbsp. Worchestershire sauce
1 tsp. Dijon mustard

Combine ingredients in a saucepan, bring to a boil, stirring constantly. Reduce heat and simmer, uncovered, 5 minutes. Brush sauce on meats or fish during last 5 minutes of cooking, or use as a dipping sauce. Yield: 1-1/2 cups. Prep time: less than 30 minutes.

IT'S TIME FOR HONEY

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THANKFULLY SIMPLE TURKEY

1 tablespoon flour
1 turkey size (19" x 23½") Reynolds® Oven Cooking Bag
1 medium onion, sliced
2 stalks celery, sliced
16 to 20 pound turkey, thawed and rinsed
2 tablespoons vegetable oil

Preheat oven to 350° F. Shake flour in Reynolds Oven Cooking Bag; place in roasting pan at least 2 inches deep. Place onion and celery in bag. Remove neck and giblets. Lightly stuff, if desired. Brush with oil. Place turkey in bag. Close bag with nylon tie; make 6 half-inch slits in top. Insert meat thermometer through slit in bag into thigh. Bake to 180°F or 2¾ to 3¼ hours. Add ½ hour for stuffed turkey. Makes: 16 to 20 servings.

TAKE-A-HOLIDAY HAM

1 tablespoon flour
1 turkey size (19" x 23½") Reynolds® Oven Cooking Bag
12 to 16 pound fully-cooked ham, bone-in
Whole cloves

Preheat oven to 325° F. Shake flour in Reynolds Oven Cooking Bag; place in roasting pan at least 2 inches deep. Remove skin; trim fat from ham, leaving a thin layer. Lightly score surface of ham; stud with cloves. Place ham in bag. Close bag with nylon tie; make 6 half-inch slits in top. Insert meat thermometer through slit in bag. Bake to 140°F or 2½ to 3¼ hours. Makes: 16 to 22 servings.

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THE ULTIMATE LOW-FAT COOKBOOK



THE BEST WAY A WOMAN CAN KEEP HER FAMILY HEALTHY IS TO MAKE SURE THEY EAT RIGHT, AND THESE DAYS THAT MEANS CONTROLLING THE FAT IN THEIR DIET. WE'VE FOUND OUT ALL THE ESSENTIALS TO GIVE YOUR GANG A LOW-FAT LIFESTYLE—FROM THE LATEST EXPERT RESEARCH TO EASY WAYS TO CALCULATE DAILY FAT INTAKE. OUR FOOD EDITORS EVEN SPENT A WEEK ON A LOW-FAT DIET—THEIR EXPERIENCE HELPED THEM CREATE GREAT-TASTING, LIGHTENED-UP RECIPES FOR THE FIVE FOOD CATEGORIES FAMOUS FOR PUTTING THE MOST FAT IN YOUR DIET

DAIRY SOLUTION

According to the USDA, 15 percent of the average woman's fat intake comes from dairy products. Our dishes are good fat savers.

GARDEN-FRESH PIZZA

You can have your pizza and still stick to a low-fat diet: Use low-fat cheese (there are lots of varieties available) and add flavorful vegetables.

Prep time: 50 minutes
Baking time: 32 to 35 minutes

Tomato Sauce
- ½ cup chopped onion
- ½ teaspoon minced garlic
- 3 tablespoons water
- 1 can (14 oz.) plum tomatoes
- 1 tablespoon tomato paste
- 2 tablespoons chopped parsley
- ¼ teaspoon oregano
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- Pinch red pepper flakes

- 4 ounces turkey sausage (optional)
- 1 cup mushrooms, sliced
- Whole Wheat Pizza Dough (recipe follows)
- 1 cup broccoli florets
- 1 cup sliced red onions
- ¼ cup grated Parmesan cheese, divided
- 4 ounces (1 cup) shredded part-skim mozzarella
- 2 cups spinach leaves, julienned
- 1 yellow pepper, julienned

Tomato Sauce: Combine onion, garlic and water in saucepan. Cook over medium heat until water is evaporated. Add tomatoes and remaining 6 ingredients, breaking up tomatoes with spoon; simmer 20 minutes. Set aside.

Remove sausage from casing and crumble into nonstick skillet; cook over medium heat 2 to 3 minutes. Drain on paper towels. Pour off any drippings from skillet; add mushrooms and cook, stirring, until liquid has evaporated, 3 minutes. Remove from skillet and set aside.

Meanwhile, preheat oven to 425°F. Lightly oil 12-inch pizza pan. Press dough into pan; prick with fork. Bake 12 minutes or until browned.

Add broccoli, onions and 1 tablespoon water to skillet. Cover and steam 2 minutes. Drain on paper towels.

Spread tomato sauce over crust. Sprinkle with 2 tablespoons Parmesan and mozzarella; top with vegetables and sausage. Sprinkle with remaining 2 tablespoons Parmesan. Bake 20 minutes or until vegetables are hot. Makes 4 servings.

Nutrition info per serving: 360 calories, 20 gm protein, 9 gm fat, 52 gm carbohydrates, 1,198 mg sodium, 20 mg cholesterol.

WHOLE WHEAT PIZZA DOUGH

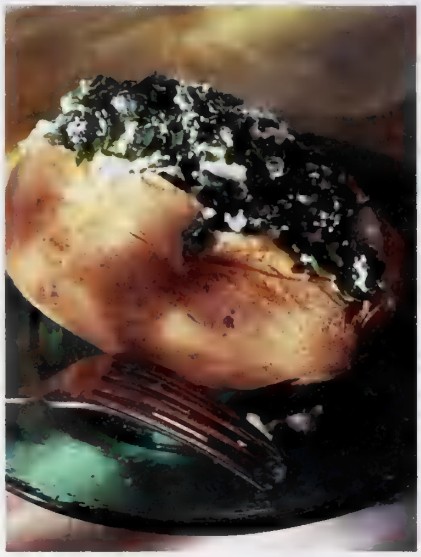
Prep time: 10 minutes plus rising

- 1 package rapid-rise yeast
- 1 teaspoon sugar
- ½ cup warm water (105°F.-115°F.)
- ¾ cup whole wheat flour
- ¾ cup all-purpose flour
- 1 teaspoon salt
- 1½ teaspoons olive oil

Dissolve yeast and sugar in water in small bowl; let stand 2 minutes. Combine flours and salt in food processor with steel blade. Pulse twice to combine. Add yeast mixture and pulse until just moistened. With machine on, pour oil through feed tube and process just until dough begins to leave sides of bowl and form a ball. On lightly floured surface, knead dough until smooth and elastic, 1 minute. Shape into ball and place in bowl. Cover and let rise in warm, draft-free place until doubled in bulk, 25 minutes. Makes one 12-inch crust.

SPINACH-RICOTTA POTATOES

Most vegetables have very small amounts of fat, and potatoes are no exception. Baked-potato toppings don't have to add much more—we



combined spinach with low-fat milk and ricotta cheese for a creamy alternative to butter.

Total prep time: 25 minutes

- 4 medium baking potatoes
- 1 package (10 oz.) frozen chopped spinach, thawed and squeezed dry
- 1 cup (8 oz.) part-skim ricotta cheese
- ⅓ cup low-fat (1%) milk *(continued)*

THE CASE AGAINST FAT

BY DENSIE WEBB, PH.D., R.D.

Let's face it: Americans are addicted to fat. Our favorite treats—burgers, french fries and ice cream—are filled with the stuff. That's unfortunate, considering that eating the wrong foods can literally shorten our lives. Excess fat has been implicated in three fatal diseases—heart disease, colon cancer and breast cancer—and it plays a role in a number of other disorders. In fact, many experts now believe that cutting back on dietary fat may be one of the best things we can do to promote overall health and longevity. "Fat is the single most important dietary risk factor for chronic disease," says Sarah Samuels, D.P.H., director of Project LEAN, an education campaign designed to reduce the nation's fat intake.

■ HOW MUCH IS TOO MUCH?

While we do need a small amount of fat to provide energy, to keep cells healthy and to insulate vital organs, we eat far more than we need—the average American gets about 37 percent of daily calories from fat. Experts say the total should be far lower: The American Heart Association (AHA) recommends keeping total intake of fat under 30 percent of calories to protect against heart disease. Some experts suggest an even lower level of fat to help protect against breast and colon cancer—no more than 25 percent of calories. Calculating your fat budget may seem overwhelming, but it doesn't have to be—see our easy-to-follow chart on page 271. Nutritionists also recommend dividing your fat allowance evenly among the three types of fat: saturated, polyunsaturated and monounsaturated.

Most people's diets are too high in saturated fats, and it's especially important that you ***(continued)***

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H3 16



The sweet snack you can say Yes to.™

(continued) Salt and pepper
⅛ teaspoon nutmeg
1 tablespoon Parmesan cheese

Prick potatoes with fork. Arrange in microwave 1 inch apart on paper towels. Microwave on High 13 minutes, turning halfway through. Remove from oven. Wrap each in foil; let stand 10 minutes.

Meanwhile, combine spinach, ricotta, milk, ½ teaspoon salt, ¼ teaspoon pepper, and the nutmeg in medium bowl until smooth. Slit each potato down center, sprinkle with salt and pepper and fill with ½ cup mixture. Arrange in 10-inch glass pie plate. Sprinkle with Parmesan. Cover with wax paper, turning back one section to vent. Microwave on High 2 minutes or until hot. Makes 4 servings.

Nutrition info per serving: 325 calories, 16 gm protein, 3 gm fat, 57 gm carbohydrates, 421 mg sodium, 12 mg cholesterol.

MEAT SOLUTION

The USDA discovered that 31 percent of the average woman's fat intake comes from meat. Start shopping for leaner cuts, and trim all visible fat.



HERB-ROASTED PORK TENDERLOIN WITH APPLES

Tenderloin is usually sold two per package; since it's one of the leanest cuts of pork, it's always great to have an extra piece in the freezer for later use. Thaw in the fridge overnight. *(continued on page 266)*

(continued) minimize your intake of them. These fats—which predominate in meats and dairy products and in coconut and palm oils—seem to be the worst dietary offenders, putting people at increased risk of heart disease. Why? They tend to raise the level of LDLs (low-density lipoproteins). This type of cholesterol contributes to the development of atherosclerosis, a buildup of blockages along artery walls that can lead to heart attacks.

Polyunsaturates (which predominate in corn oil and other seed oils) and monounsaturates (which constitute the major portion of olive and canola oils) may help reduce the risk of heart disease by lowering the level of LDLs. However, you should be careful where you obtain these types of fat. Recent evidence suggests that certain polyunsaturates and monounsaturates may be altered by the hydrogenation process when they are made into margarine or shortening; thereafter they seem to behave more like saturated fats in raising LDLs.

■ PRESUMED GUILTY

Evidence linking fats with colon cancer has accumulated for years. The National Cancer Institute says that in the intestines fat may form substances that promote tumor growth. The newest study, a six-year project conducted by the U.S., Chinese and Canadian governments, reveals that saturated fats are a major risk factor for development of colorectal cancer.

A high-fat diet may also increase a woman's chances of developing breast cancer. For example, in Japan, where fat consumption is only about 25 percent of calories, breast-cancer rates are just one sixth as high as they are in the U.S., but second-generation Japanese living here—and eating a high-fat American diet—have rates of the disease similar to those of Caucasian Americans.

Fat is especially blameworthy when it comes to obesity. Ounce for ounce, fat contains more than twice as many calories as protein or carbohydrate. Moreover, the body can efficiently convert dietary fat right into extra body fat for long-term energy stores. But it processes potatoes, bread and chicken differently, and it burns more calories doing it.

And being even mildly obese—more than 20 percent overweight—is seriously worrisome in more than cosmetic terms. Excess pounds increase the risk of one type of diabetes, non–insulin-dependent; the extra body fat seems to alter body chemistry so that the body cannot utilize insulin. Being overweight also puts a strain on the circulatory system, making the heart pump harder. Obesity raises the risk of high blood pressure, or hypertension, as well as the chance of developing gallstones, although researchers don't yet understand why.

How can you change your fat-foolish ways? Read on.

■ GETTING STARTED

1. Begin by using our chart to determine your personal daily fat budget. It's designed to give you no more than 30 percent of daily calories from fat. (Once you begin, you may want to go even lower.) This level is safe for your whole family, but young children should not be placed on a very low-fat diet. They need enough fat to help the nervous system develop properly (check with your pediatrician if in doubt).
2. Your daily fat budget will be given in grams (one gram equals .035 ounce). Keep track of everything you eat for a few days, and add up the number of fat grams consumed (check food labels and our recipes, which give fat content in grams; for fresh foods, see our fat counter on page 272). Now you can see where you need to cut back.
3. Don't try to make every meal contain exactly 30 percent fat—you can balance a splurge at lunch with a cutback at dinner.
4. Remember, some food labels may be misleading; for example, a food marked "low cholesterol" may be quite high in cholesterol-raising saturated fat.



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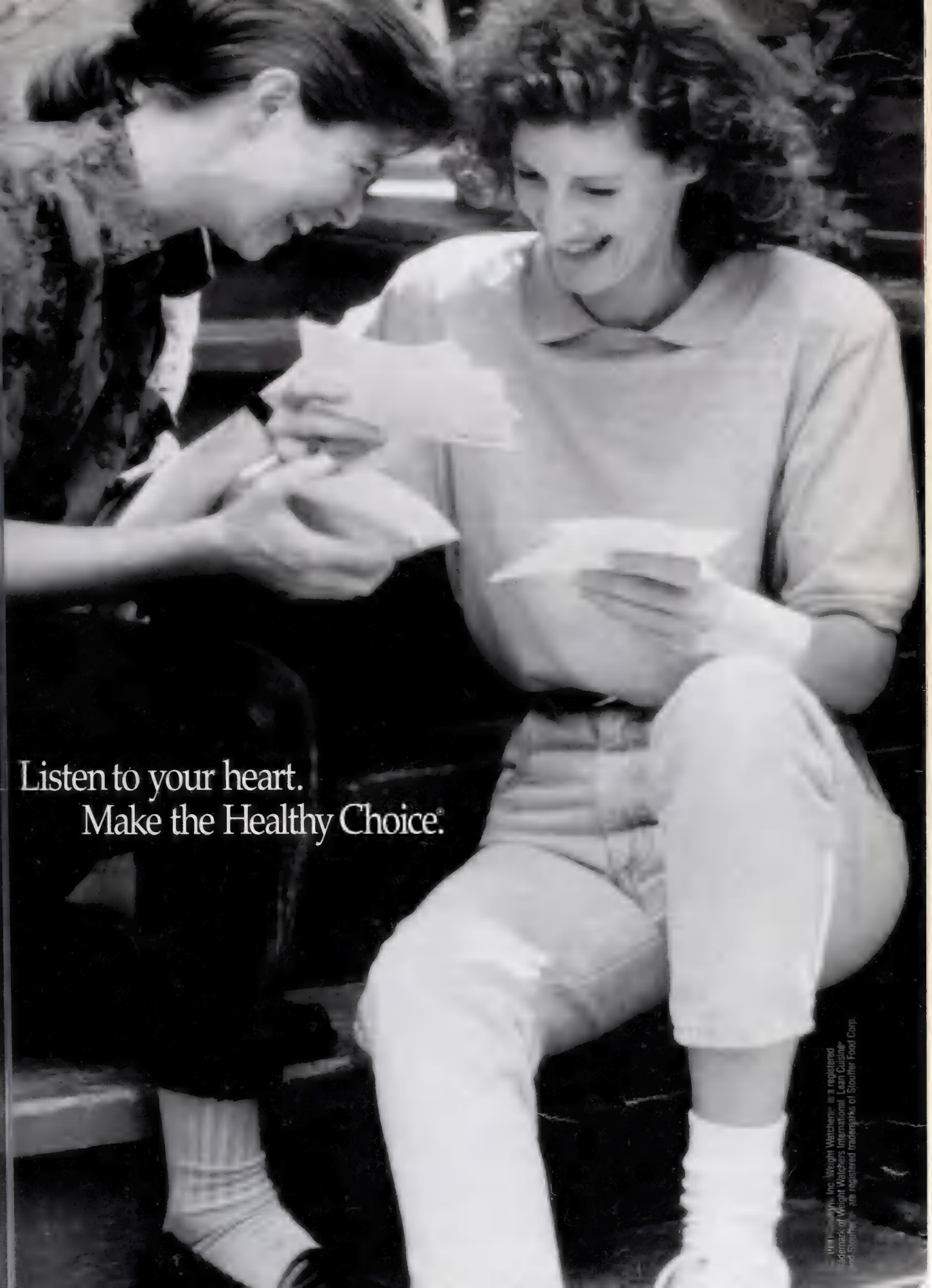
Mandarin Chicken Entree

New Healthy Choice® Entrees.

Introducing twenty delicious new Entrees from Healthy Choice.® Not only low in calories, these entrees are lowest in fat, sodium and cholesterol. So when you eat light, remember there's only one Healthy Choice.

BRAND ENTREES (Line Averages)	FAT (% of calories)	SODIUM (mg)	CHOLESTEROL (mg)	CALORIES
Healthy Choice®	**12**	**372**	**34**	**232**
Stouffer's®	48	1030	N/A	365
Weight Watchers®	32	794	51	276
Lean Cuisine®	29	852	61	259





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and Stouffer's® are registered trademarks of Stouffer Food Corp.

(continued from page 262)

Prep time: 15 minutes plus marinating
Cooking time: 25 minutes

1 teaspoon minced garlic
½ teaspoon rosemary, crumbled
½ teaspoon freshly ground pepper
¼ teaspoon thyme, crumbled
¼ teaspoon salt
1 pork tenderloin (12-14 oz.)
⅓ cup minced shallots
3 Granny Smith apples, sliced
2 tablespoons sugar
1 cup chicken broth, fat skimmed*
½ cup white wine

Combine garlic, rosemary, pepper, thyme and salt in bowl; rub on pork. Wrap and marinate at least 2 hours or overnight. Remove pork from refrigerator 30 minutes before roasting.

Preheat oven to 425°F. Sprinkle shallots in bottom of small roasting pan. Place pork on top and spread apples around sides. Sprinkle apples with sugar. Roast 25 minutes or until meat thermometer reaches 160°F. Transfer pork and apples to serving platter; keep warm. Add broth and wine to roasting pan; cook over high heat, stirring to loosen any browned bits, until reduced to ½ cup. Slice pork. Serve with apples and sauce.



Makes 4 servings.
**Note:* To skim fat, place chicken broth in refrigerator 30 minutes; spoon off fat.

Nutrition info per serving: 210 calories, 20 gm protein, 3 gm fat, 26 gm carbohydrates, 473 mg sodium, 60 mg cholesterol.

CREOLE PEPPER STEAK WITH GRITS

A problem with lean meat is that it tends to stick to the skillet. Our sure-fire solution: Pat meat with a paper towel before browning to remove surface moisture.

Prep time: 15 minutes
Cooking time: 1 hour

¾ pound round steak
¾ teaspoon salt
3 teaspoons vegetable oil
1 cup finely chopped onions
½ cup finely chopped celery
1 red pepper, diced
2 teaspoons minced garlic
¼ teaspoon ground red pepper
2 tablespoons flour
1 can (14 oz.) plum tomatoes
½ cup chicken broth, fat skimmed*
¼ teaspoon thyme
½ teaspoon freshly ground pepper
1 tablespoon chopped fresh parsley (optional)
1 cup grits, cooked according to package directions

Slice steak diagonally across the grain into ¼-inch-thick strips; cut strips into squares. Pat meat dry with paper towels. Sprinkle with salt.

Heat 1 teaspoon oil in large skillet over high heat. Add one third of the meat and cook until well browned on both sides. Remove with slotted spoon and set aside. Repeat in 2 more batches with remaining oil and meat. Reduce heat to medium and



add onions, celery and diced red pepper to skillet; cook, stirring occasionally, until softened, about 5 minutes. Stir in garlic and ground red pepper and cook 30 seconds. Stir in flour and cook 1 minute. Add tomatoes, chicken broth, thyme and pepper. Bring to boil, stirring and breaking up tomatoes with spoon. Reduce heat, return meat to skillet and simmer covered 1 hour. Sprinkle with parsley. Serve with grits. Makes 4 servings.

**Note:* To skim fat, place chicken broth in refrigerator 30 minutes; spoon off fat.

Nutrition info per serving: 350 calories, 24 gm protein, 8 gm fat, 44 gm carbohydrates, 779 mg sodium, 46 mg cholesterol.



CHICKEN MARSALA

Still the champ! Chicken continues to be the lowest in fat among meats—definitely a mainstay of a low-fat menu—if you prepare it without the skin, of course.

Prep time: 10 minutes
Cooking time: 20 to 25 minutes

4 boneless, skinless chicken-breast halves (1 lb.)
½ teaspoon salt
¼ teaspoon freshly ground pepper
¼ teaspoon sage
1 teaspoon vegetable oil
½ cup finely chopped onion
8 ounces mushrooms, sliced
¼ cup Marsala wine
½ cup chicken broth, fat skimmed*
1 tablespoon minced parsley

Sprinkle both sides of chicken with salt, pepper and sage. Heat oil in large nonstick skillet over medium-high heat. Add chicken and cook until golden, 4 minutes per side. Transfer to serving plate and keep warm. Add onion to skillet and cook, stirring, until tender, 3 to 5 minutes. Add mushrooms and cook, stirring, 5 minutes more. Stir in wine and broth. Bring to boil and cook until reduced by half, about 5 minutes. Pour over chicken and sprinkle with parsley. Makes 4 servings.

**Note:* To skim fat, place chicken broth in refrigerator 30 minutes; spoon off fat.

Nutrition info per serving: 170 calories, 28 gm protein, 3 gm fat, 6 gm carbohydrates, 497 mg sodium, 66 mg cholesterol. *(continued)*





SALAD SOLUTION

You won't waste any daily fat allowance with our new-wave dressings, and they're so rich, you'll never miss the olive oil.

CREAMY DIJON

In bowl blend 1 container (8 oz.) plain nonfat yogurt, 1 tablespoon fresh lemon juice, 2 teaspoons whole-grain Dijon mustard, ½ teaspoon salt and ¼ teaspoon ground pepper until smooth. Makes 1 cup.

TARRAGON-TOFU

Warm ¼ cup tarragon vinegar in small saucepan over low heat. Add 1 tablespoon sugar; heat until dissolved. Cool. In blender combine 8 ounces soft tofu, ½ cup buttermilk and 2 tablespoons fresh lemon juice until smooth. Through hole in blender cover, add 1 tablespoon chopped fresh tarragon, 1 teaspoon salt, ½ teaspoon dry mustard and the vinegar. Blend until smooth. Makes 2 cups.

SOUTHWEST YOGURT

In blender combine 1 container (8 oz.) plain nonfat yogurt, 1 tablespoon low-fat sour cream, 1 can (4 oz.) chopped green chilies, drained, 1 tablespoon chopped fresh parsley, ¼ teaspoon *each* cumin and coriander, ⅛ teaspoon *each* salt and ground pepper, and a pinch chili powder. Blend until smooth. Makes 1⅓ cups.

Nutrition info per tablespoon: 10 calories, 1 gm protein, 0 gm fat, 1 gm carbohydrates, 75 mg sodium, 0 mg cholesterol.

(continued)

OUR TEST KITCHEN TRIES A WEEK OF LOW-FAT EATING

The *LHJ* food editors decided that the best way to develop delicious low-fat recipes for you was to live a low-fat lifestyle themselves for one week. The rules: Fat had to be limited to 30 percent of their daily calories (they figured that their normal daily intake was about the same as the national average—37 percent), and everyone was required to write down everything she ate, every day. The staff knew that five food categories—meat, dairy, desserts, snacks and salad dressings—are the main sources of fat for most people. Rather than give any up, they came up with the great-tasting, low-fat alternatives you've been seeing here. More tips:

1. Switch from whole milk to low-fat or skim milk. You'll save eight grams of fat per cup.

2. Learn to recognize a three-ounce portion of meat (the recommended size for a low-fat diet). It's about the size of a deck of cards.

3. You don't have to give up snacks or desserts entirely; compensate by cutting back a little in other items you may eat during the day.

4. Stay away from all fried foods. They're loaded with fat. For example, a plain baked potato is a winner, with just .20 grams fat; a portion of ten french fries contains a whopping 8.28 grams.

The staff also learned that although it's hard at first to limit fat (a few of them ate virtually none for the first couple of days and felt as if they were starving), once they got the hang of it and learned the fat content of the foods they normally ate, it didn't take long to get used to the transition. They also discovered the many foods now on the market in low-fat versions. In fact, they all agreed that after their low-fat week, many of the rich foods they used to crave don't taste so great anymore!



For a free booklet of additional tips from Project LEAN, call 800-EAT-LEAN.


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DESSERT SOLUTION

You could blow half your daily fat budget with a bowl of premium ice cream; try one of our refreshing alternatives.



FRUIT SORBETS

Our tempting sorbets are not only satisfying, they're fat-free—a terrific ice-cream substitute (virtually all fruits have less than one gram of fat per serving). If you make these ahead, let stand at room temperature 10 to 15 minutes before serving.

PEAR-CRANBERRY

Drain 2 cans (16 oz. each) pears in heavy syrup; reserve syrup. Combine ½ cup *each* syrup and sugar in saucepan. Bring to boil, stirring, over medium-high heat; add 1 cup cranberries. Simmer until berries pop, 5 minutes. Cool slightly.

Transfer mixture to food processor. Add pears and 1 tablespoon fresh lemon juice; puree until smooth. Refrigerate until cold, about 15 minutes. Freeze in ice-cream maker according to manufacturers' instructions. Makes 6 cups.

Nutrition info per ½ cup: 95 calories, 0 gm protein, 0 gm fat, 24 gm carbohydrates, 4 mg sodium, 0 mg cholesterol.

MICROWAVE GREEN APPLE–CINNAMON

Combine 2 pounds tart green apples, peeled and sliced, Sugar Syrup (recipe follows) and 1 teaspoon cinnamon red-hot candies in 2-quart microwaveproof bowl. Cover with wax paper. Microwave on High 8 to 10 minutes, stirring once, until apples are soft. Cool slightly.

Transfer mixture to food processor and puree until smooth. Transfer to bowl and refrigerate until cold, about 30 minutes. Freeze in ice-cream maker according to manufacturers' instructions. Makes 3 cups.

Nutrition info per ½ cup: 140 calories, 0 gm protein, 0 gm fat, 36 gm carbohydrates, 0 mg sodium, 0 mg cholesterol.

PAPAYA-LIME

Combine 2 large (16 oz. each) ripe papayas, peeled, seeded and cut into 1-inch chunks, Sugar Syrup (recipe follows), ¼ cup fresh lime juice and 1 large egg white in food processor; puree until smooth. Refrigerate until cold, 15 minutes. Freeze in ice-cream maker according to manufacturers' instructions. Makes 4 cups.

Nutrition info per ½ cup: 80 calories, 1 gm protein, 0 gm fat, 21 gm carbohydrates, 9 mg sodium, 0 mg cholesterol.

Sugar Syrup: Combine ½ cup *each* sugar and water in small saucepan. Bring to boil, stirring, over medium-high heat, 5 minutes. Reduce heat; simmer 2 minutes more. Cool completely. Makes ⅔ cup. *(continued)*



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YOUR PERSONAL DAILY FAT BUDGET

figure out the maximum daily amount of fat you should be ting, you need to know the average number of calories you can ually consume in a day without gaining or losing weight. But you edn't keep a complicated food diary to find that out. Assuming u have a moderate activity level and your weight doesn't ctuate, you can use this simple standard formula:

WOMEN: body weight x 15 = calories consumed
MEN: body weight x 17 = calories consumed

r example, a moderately active 120-pound woman, regardless height, consumes about 1,800 calories daily.)

en find your calorie intake below, and check your fat allowance. 've calculated this allowance according to the American Heart ociation's recommendation that no more than 30 percent of your ly calorie intake should be devoted to fat. (See page 272 for the ms of fat in the most common foods.)

CALORIES	MAXIMUM GRAMS FAT
1,500	50
1,800	60
2,100	70
2,400	80
2,700	90



CHOCOLATE ANGEL-FOOD CAKE

Chocolate cake with no fat and no cholesterol? Angel-food cake is a fat-fighter's dream come true! The secret to this tender, moist treat: beating the whites at medium, not high, speed.

Prep time: 25 minutes plus cooling
Baking time: 40 to 45 minutes

⅔ cup sifted cake flour
⅓ cup unsweetened cocoa
1½ cups sugar, divided *(continued)*



GREASE.

GONE.

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(continued) 12 large egg whites
1½ teaspoons vanilla extract
1½ teaspoons cream of tartar
½ teaspoon salt

Preheat oven to 375°F. Sift flour, cocoa and ¾ cup sugar together 3 times; set aside.

Beat egg whites at low speed in a large mixer bowl until foamy, about 5 minutes. Add vanilla, cream of tartar and salt. Gradually increase speed to medium while beating in remaining ¾ cup sugar, 1 tablespoon at a time, 5 minutes. When sugar is incorporated, continue beating to stiff peaks, 2 minutes more.

Sift one third of the dry ingredients over whites; fold in with rubber spatula. Repeat process 2 more times until just blended.

Pour batter into ungreased 10-inch tube pan. Cut through batter to remove any large air pockets.

Bake 40 to 45 minutes, until top springs back when gently pressed with fingertip. Invert pan onto funnel or bottle to cool. Remove from pan. Makes 12 servings.

Nutrition info per serving: 140 calories, 4 gm protein, 0 gm fat, 31 gm carbohydrates, 146 mg sodium, 0 mg cholesterol. ■

Recipes developed by Carol Prager, Lisa Brainerd and Julia Pemberton.

SNACK SOLUTION

Scary thought: A three-and-a-half-ounce bag of potato chips packs 35 grams of fat—a major



part of your daily allowance. Reach instead for these satisfying munchies, which ban the blubber: pretzels, air-popped popcorn, hard candy, graham crackers, rice cakes, English muffin with preserves, bread sticks, jelly beans, dried fruit, cocoa with skim milk, bagel, frozen low-fat yogurt.

THE LHJ FAT COUNTER

Listed below is the fat content in grams of many of the foods you cook with every day. Use the list to analyze your favorite recipes, making sure to count the contribution from each ingredient used. Keep this guide as a handy reference in the kitchen to help you make wise food choices. (We've excluded most packaged foods; fat content is given on labels.) Source: U.S. Department of Agriculture

Dairy products and meats are high in saturated fats

DAIRY PRODUCTS	
Whole milk (1 cup)	8.15
Low-fat milk (2% fat, 1 cup)	4.68
Low-fat milk (1% fat, 1 cup)	2.59
Skim milk (1 cup)	.44
Thick chocolate shake	8.10
Thick vanilla shake	9.48
Plain whole-milk yogurt (8 oz.)	7.38
Plain low-fat yogurt (8 oz.)	3.52
Plain nonfat yogurt (8 oz.)	.41
Half and half cream (1 T.)	1.72
Heavy whipping cream (1 T.)	5.55
Eggnog (1 cup)	19.00
Regular vanilla ice cream (1 cup)	14.32
Premium vanilla ice cream (1 cup)	23.68
Vanilla ice milk (1 cup)	5.63
American cheese (1 oz.)	8.86
Blue cheese (1 oz.)	8.15
Brie cheese (1 oz.)	7.85
Cheddar cheese (1 oz.)	9.40
Creamed cottage cheese (4 oz.)	5.10
Low-fat cottage cheese (2% fat, 4 oz.)	2.18
Low-fat cottage cheese (1% fat, 4 oz.)	1.15
Cream cheese (1 oz.)	9.89
Monterey jack cheese (1 oz.)	8.58
Whole-milk mozzarella cheese (1 oz.)	6.12
Part-skim mozzarella cheese (1 oz.)	4.51
Muenster cheese (1 oz.)	8.52
Parmesan cheese, grated (1 T.)	1.50
Whole-milk ricotta cheese (½ cup)	16.10
Part-skim ricotta cheese (½ cup)	9.81
Swiss cheese (1 oz.)	7.78
BEEF (3 oz. cooked)	
Eye of round, fat trimmed, roasted	3.99
Top round, fat trimmed, braised	4.25
Tenderloin, fat trimmed, broiled	8.07
Top sirloin, fat trimmed, broiled	5.78
Flank, fat trimmed, broiled	9.60
Extra-lean ground beef, broiled	13.88
Regular ground beef, broiled	17.59
Corned-beef brisket, cooked	16.13
PORK (3 oz. cooked)	
Cured lean whole ham, roasted	4.67
Center cut loin, broiled	8.91
Spare ribs, braised	25.75
LAMB (3 oz. cooked)	
Whole leg, roasted	6.58
Lean cubed lamb, braised	7.28
Loin lamb chop, broiled	8.27
VEAL (3 oz. cooked)	
Whole loin, braised	7.78
Lean cubed veal, broiled	3.66
POULTRY (3 oz. cooked)	
Chicken breast with skin, roasted	6.61
Skinless chicken breast, roasted	3.03
Chicken leg with skin, roasted	11.44
Skinless chicken leg, roasted	7.17
Light turkey with skin, roasted	7.08
Skinless light turkey, roasted	2.74
Dark turkey with skin, roasted	9.81
Skinless dark turkey, roasted	6.14
PROCESSED MEATS	
Bacon, cooked (1 oz.)	13.96
Beef bologna (1 oz.)	8.04
Turkey bologna (1 oz.)	4.31
Beef frankfurter	12.94
Chicken frankfurter	8.83
Turkey frankfurter	8.03
FISH AND SHELLFISH (3 oz. cooked)	
Fish oils are rich in omega-3 fatty acids, which may lower cholesterol and help protect against breast cancer.	
Flounder, cooked by dry heat	1.30
Shrimp, cooked by moist heat	.92
Halibut, cooked by dry heat	2.50
Northern lobster, cooked by moist heat	.50
Coho salmon, cooked by moist heat	6.40
Rainbow trout, cooked by dry heat	3.66
White tuna, canned in oil	6.87
White tuna, canned in water	2.09
FRUITS AND VEGETABLES	
Most foods in this category have negligible amounts of fat. Of course, frying and preparations requiring the addition of cheese or mayonnaise add lots of fat.	
GRAINS AND CEREALS	
Most grain products are very low in fat. Exceptions: some whole grains. And remember, certain packaged cereals and crackers are very high in fat (see labels).	
LEGUMES, NUTS AND SEEDS	
Coconut (1 cup shredded)	26.79
Peanuts, dry roasted (1 oz.)	13.90
Pecans, dry roasted (1 oz.)	18.35
Pistachio nuts, dry roasted (1 oz.)	15.00
English walnuts, dried (1 oz.)	17.57
Sunflower seeds, dry roasted (1 oz.)	14.14
Navy beans, cooked (½ cup)	.52
Pinto beans, cooked (½ cup)	.44
Chick-peas, cooked (½ cup)	1.37
Lentils, cooked (½ cup)	.37
Refried beans, canned (½ cup)	1.35
Peanut butter (2 T.)	16.36
MISCELLANEOUS	
Butter (1 tsp.)	4.1
Margarine (1 tsp.)	3.8
Vegetable oil (1 tsp.)	4.53
Lard or vegetable shortening (1 tsp.)	4.2
Large egg	5.0
SALAD DRESSING	
Low-cal dressings are made with starch thickeners—that's why they're low in fat.	
French, regular (1 T.)	6.4
French, low-calorie (1 T.)	.9
Italian, regular (1 T.)	7.1
Italian, low-calorie (1 T.)	1.5
Thousand Island, regular (1 T.)	5.6
Thousand Island, low-calorie (1 T.)	1.6
Vinegar/oil (1 T.)	8.0
Mayonnaise (1 T.)	11.0



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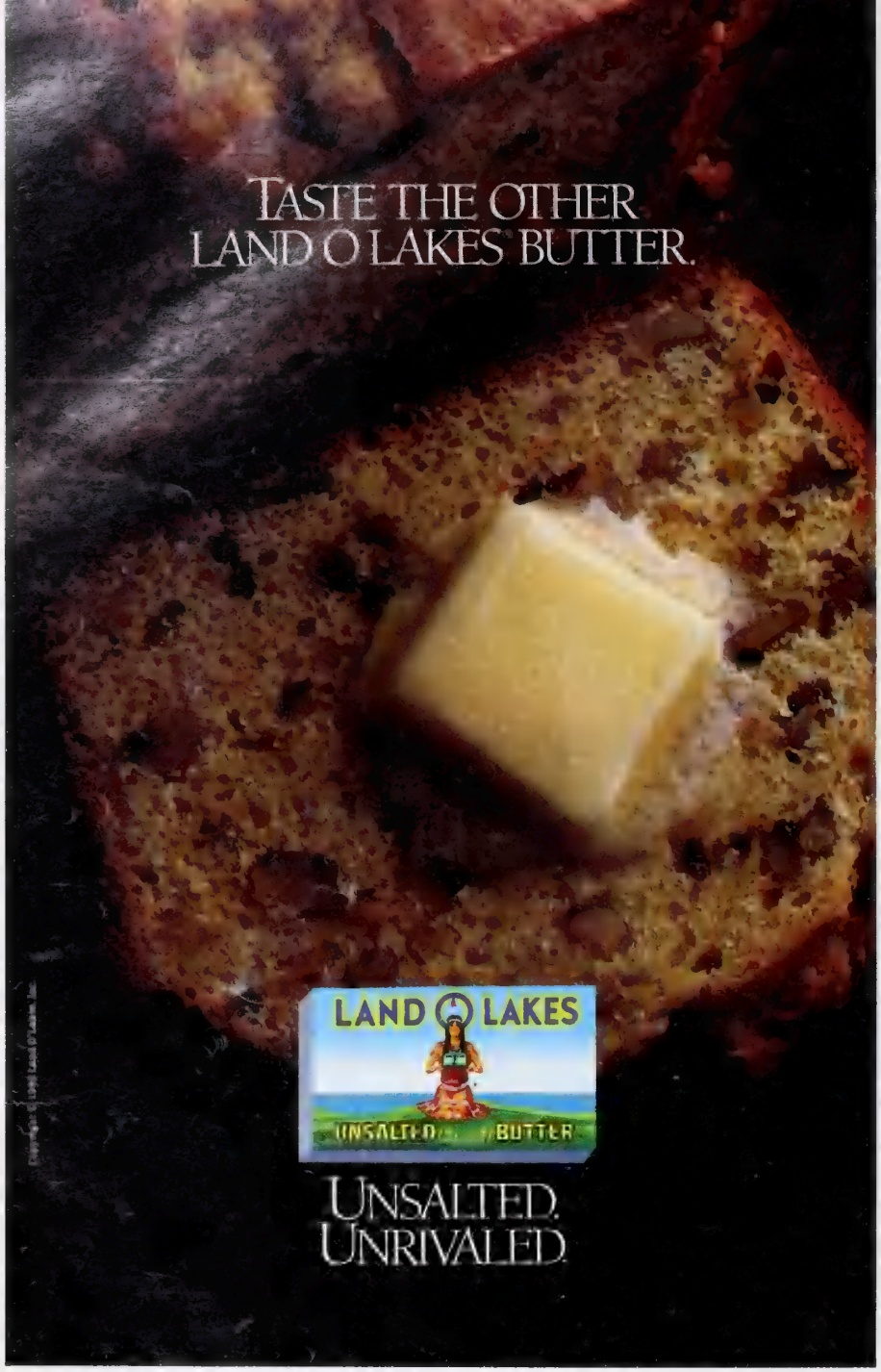
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recipe index

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Hot-from-L.A. chocolate soufflé

Chef Crochet at the Moustache Café happi shared his devilishly chocolate recipe.

Preheat oven to 350°F. Butter six 8-ounce ten 4-ounce soufflé dishes. Sprinkle botto and sides with granulated sugar. Combine 5 squares (5 oz.) unsweetened chocolate, coarsely chopped, 7 tablespoons granulat sugar and ½ cup milk in saucepan. Heat medium heat, stirring occasionally, until chocolate is melted and mixture is smooth Remove from heat and let stand 10 minut Transfer mixture to a large bowl and stir i large egg yolks,one at a time, until blend Beat 6 large egg whites in mixer bowl unt stiff. Gradually beat in 4 tablespoons sug Whisk one third of the whites into chocol mixture, then gently fold in remaining wh with a rubber spatula. Divide batter even among prepared soufflé dishes. Bake on cookie sheet 15 minutes for 4-ounce dish 20 minutes for 8-ounce dishes. Sprinkle w confectioners' sugar. Serve with whipped cream. Makes 6 or 10 servings.

INSIDE THE JOURNAL KITCHEN

You asked for it

Dear LHJ:
A couple of years ago at the Moustache Café in Los Angeles, I had the ultimate chocolate soufflé—rich, dark, chocolaty and light as air. I've tried countless recipes since, but none have been as good as the Moustache version. Any chance to get the recipe?

Mary Lytle,
San Jose, CA

I BARBARA BUSH

continued from page 196

s U.S. ambassador to the United Nations, head of the IA, Vice-President of the United States. Barbara Bush as seen it all.

Discussing last spring's Wellesley College flap and those raduates who resisted Mrs. Bush as their commencement peaker because her success stemmed from her husband's ccomplishments, not her own, Barbara says, "You want to now something about the speech that I gave at Wellesley, hich ended up being so warmly received and greatly ported? Do you know that I gave this very same speech to a audience of thirty thousand at the University of Penn-lvania a few weeks before? And that I also gave the entical speech at St. Louis University just two weeks fore Wellesley? But that there was no big stir because body covered it?"

I murmur something appropriate like, "I don't under-and that," and no-nonsense Barbara interjects briskly:)h, yes, you do. It's controversy that made the speech pular. Those earlier times, it was the same address, the me words. But it was the attention caused by the contro-rsy that made headlines and suddenly made my oughts so worthwhile worldwide. That's again borrowed wer."

Inquire if she had momentarily considered canceling at speech because of the criticism, and steely Barbara ys: "Absolutely not. No. Never. The point they had to member was, *they* invited *me*. I did not ask them to let e please come. I had two hundred fifty invitations to eak last season, and I chose them.

"I was glad I went. And it was good of Mrs. Gorbachev to me along. Had I been in her country, it wouldn't have en easy for me to go to a Soviet university—and particu-rly if there'd been criticism attached to the event. I ean, I'm probably dumb enough to have done it had it en presented to me, but I think it would have been ficult."

I've known Barbara Bush nearly twenty years. We first et in 1971, when she was campaigning for Nixon for esident. As she has always done and is still doing, she s harnessing her volunteer power. In those days she was nvassing Brooklyn, distributing leaflets from the back of tation wagon. I don't see that she's changed any.

She tells me she'll always "spend fifty percent of my time volunteer projects, charitable causes and, of course, my ht for literacy; twenty-five percent handling organiza-nal things about our house or our trips or my mail; fishly maybe ten percent exercising or squeezing in one len game of tennis; and fifteen percent on my husband d children—unless they suddenly need more.

Other than watching my clothes so that I don't do what nce did to the Chinese, which was to wear the same ntical gown to their embassy party five years later, I n't believe I've changed.

"Mostly what's changed is other people's perceptions of . I guess it's that people didn't know me, and maybe," says, laughing merrily, "maybe people still don't know . Maybe that's why they like me. Maybe . . . in their s . . . I'm not threatening. I suspect people might like me it because I remind them of how things ought to be and v *they* ought to be."

remember a day I came calling at the Vice-President's se back when Barbara's husband was the Number Two. some reason I arrived early. The Second Lady wasn't shed dressing. That famous white hair was damp from shampoo-shower (in those days she did her own hair), she greeted me at the door, still anchoring a brooch on-ner blue wool. No fuss. No undue protocol. *(continued)*



We don't know why it's called chili sauce, either.

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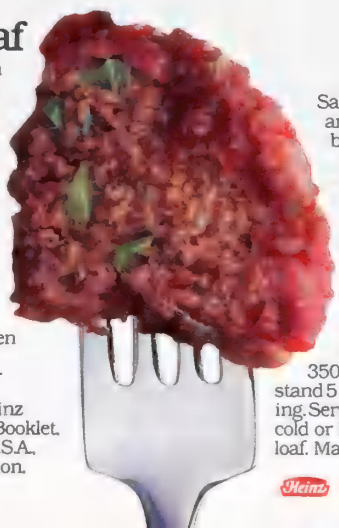
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Fiesta Meat Loaf

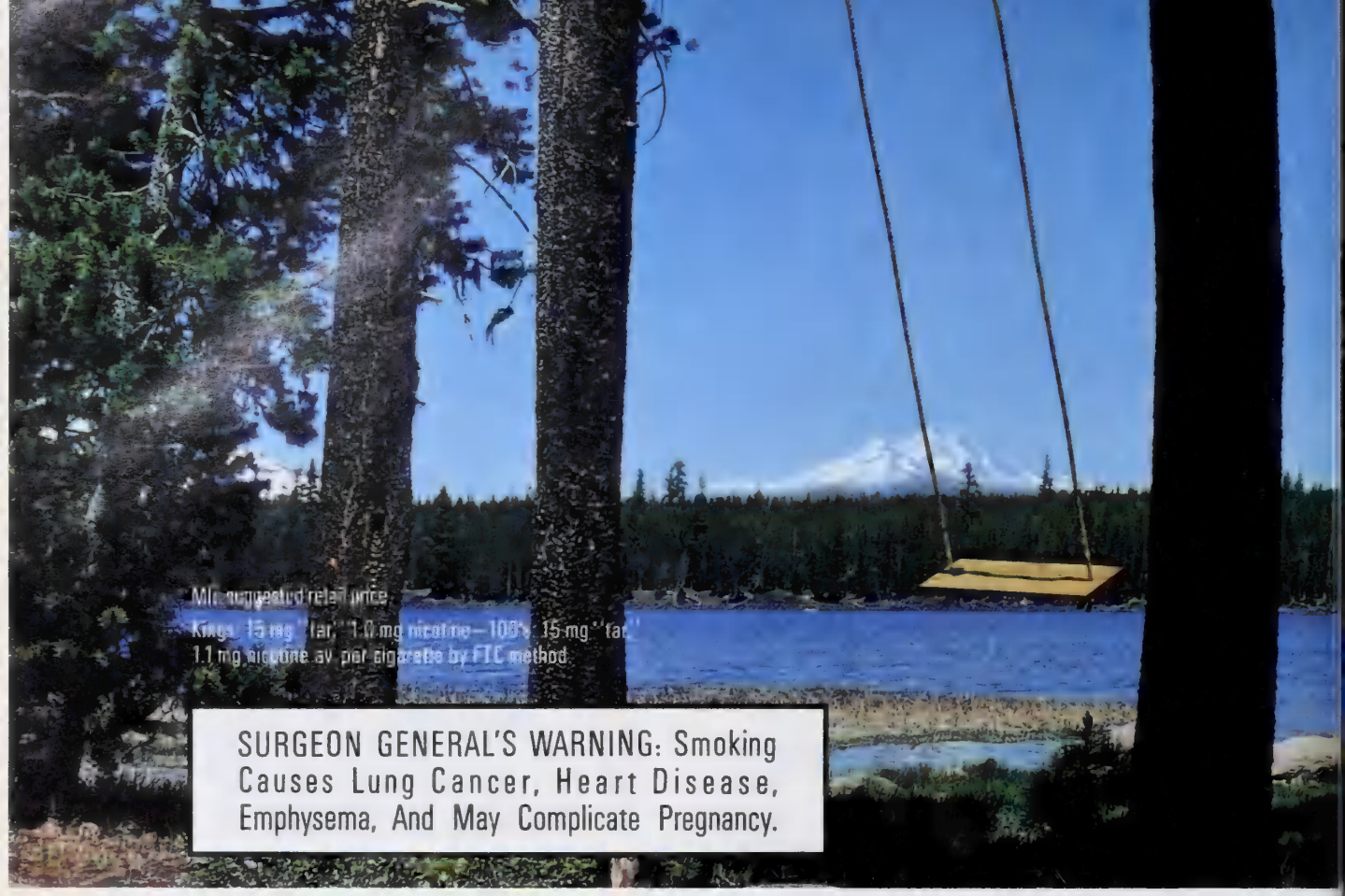
½ c. chopped onion
½ c. chopped celery
¼ c. chopped green pepper
2 tablespoons butter or margarine
1 bottle Heinz Chili Sauce (12 oz)
1½ pounds lean ground beef
1 c. soft bread crumbs
1 egg, slightly beaten
½ teaspoon salt
⅛ teaspoon pepper

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Sauté onion, celery and green pepper in butter until vegetables are tender. Stir in chili sauce. Combine ½ cup this mixture with ground beef, bread crumbs, egg, salt and pepper. Form into a loaf (8" x 4" x 1½") in shallow baking pan. Bake in 350°F oven, 1 hour. Let stand 5 minutes before slicing. Serve remaining sauce, cold or heated, over meat loaf. Makes 6 servings.

Heinz © 1988 H. J. Heinz Co.



BARBARA BUSH
continued

But now, as we're chatting on the phone at ten A.M., Barbara says to me, "Right at this moment, I'm already dressed to the teeth. I've even had my hair combed. But that's because the minute we hang up, I'm due for a meeting."

So with this schedule, can our President's wife still be casual at all? "Of course," she says, chuckling. "I'm the same lady I always was. I'm just too plain old to do anything different. I mean, I don't think I could change anymore even if I wanted to."

Still, she happily admits that one part of her life *is* different: "The way I travel. I don't have to drag my own luggage anymore. Boy, have I ever done that for years. I still pack my own bag but, as the wife of the President, I at least don't have to lug it. I must say, I never thought I'd take to such style quite so easily, but I sure did."

Even in the midst of a busy day, the Bushes speak on the phone. They reach out for one another. Says Barbara, "No matter what we're doing or where we are, we always find time for one another. We spend six to seven every morning alone. When George was Vice-President we'd often have dinner on our porch by ourselves. We did that a lot. After, we'd sit and talk. Now we're still together, just the two of us, even when others are around. We sat through *Dick Tracy* right here in the White House, holding hands."

President of the United States or no, Barbara Bush's husband is her best friend. Ask her where her inner strength comes from, and her answer is: "Family, faith, friends." Family first. When she had that well-publicized bout of severe depression—one that hit her years ago but was only recently revealed—it was her husband to whom she turned.

"It was a thousand years ago that I suffered that experience. But my husband alone helped me. He's the only one I talked to, the only living human I told. I didn't even confide in a doctor. Guess I was just too dumb then. Or maybe too ashamed. I have no idea what it was. I guess . . . now . . . if such a thing happened again, I would go to a doctor. But I'm never ever going to have depression again. Never.

"It was that I was just having to get used to not having children around. And it was that special age. Many reasons, I think. But that's not going to happen to me again. I just know it won't. It couldn't. I'm stronger now."

Push the button marked "Mother Power" and the whole system sh circuits. That's when Barbara re bristles. Her children have made m on their own this year. Daughter D thy and the divorce. Son Neil and conflict-of-interest accusations st ming from his directorship of a savi bank that later collapsed.

"My children have had only mi problems," she says sharply. "T haven't had any *real* problems. A don't forget, I'm right there with th every step. You'd better believe t I'm never too busy for my childre absolutely have the time for th And their father has, too. And all th brothers and sisters."

Start to mention Neil and Mom s "He hasn't done anything wrong, so doesn't have problems. He's a wond ful kid. They're all wonderful k We've always been very concei about how wonderful our family is.

Bring up Dorothy and Mom s "My daughter spent lots of time w me when her marriage broke up, now she's gone back to that neighb hood where she grew up and gotte little house and put her children school there. She's doing great.

She doesn't always manage such stalwart maternal front, though. On she admitted to me that "Our only rious problem was when Marvin



sick. He had [part of] his colon re-ed in 1986. Since then we've put gs in perspective. We've realized e are worse things than losing lection. Marvin's very valuable to We knew it, but we didn't know valuable."

s she talks about Marvin, sudden-surprisingly, Barbara Bush begins y. Then she says, "I just think that fresh perspective had something to ith Marvin."

ne can only surmise that Barbara s formidable in pillow power as in tever else she tackles, but you'll r hear it firsthand. She says only, not that he doesn't discuss things me or that I might suggest such such is great, but I don't agree George on everything, nor does gree with me on everything."

t Barbara refuses to be specific n asked about the couple's report-differing views on abortion. "I'm President. My thoughts on social s are private. I'm not going to tell what I think." Complain she's be-evasive and she says briskly, l, that's too bad. What I disagree George on are only for him and o know.

ut one thing we never disagree on is to be an example for our children. children see us hug and kiss. And they've seen their father always thinking of the other person. So they do, too.

"The preponderance of ladies who heard my Wellesley speech will not opt for motherhood over career. But they might opt for motherhood *with* career. I'm not saying to be happy you must be married. Nor am I saying that to be happy you need children. I'm saying that if you opt for children—be you man or woman—you have to take care of them."

Still, her pro-family view doesn't mean that Barbara thinks women should confine themselves to hearth and home. "After spending a quiet evening with Indira Gandhi and a weekend with Margaret Thatcher, let no one ever ask me if a woman can be President. Mrs. Thatcher and Mrs. Gandhi have proven how able a woman can be, and they've done it with style and femininity. And a lot of American women can do the same. I totally support the idea of a woman in the office.

"I only hope today's women keep in mind that life's sole purpose is not just to gain the top. It's to live a full, good life—*and* take care of your responsibilities. I would also hope that some of those ladies realize that success is not counted in a title but in the joy you get and give in life."

After a few minutes of personal girl-talk, the First Lady says she has to hang up. But first, she mentions how she's been seeing me regularly on TV. And I say to her, "Since my career took this little spurt, it's amazing how people suddenly tell me how much better-looking I am. Seems every time you get just a bit more successful, you miraculously become more attractive."

Mrs. George Bush lets out a hoot and says: "Absolutely. You and I are realistic enough to understand that what goes up must come down. We can't be kidded. I mean, we're pros."

Barbara Bush is so true and so honest that even her fake pearls are in. And yet she knows that—sometime, somehow, somewhere down that yellow-brick road—even those famous triple-strand fake pearls are one day going to be out.

"But I'll be grateful for every day I had in the President's house," she says quietly. "And I'll thank God for it. Yes, I'll miss this. It's an extraordinary life. But there's still my husband, my grandchildren and children and friends and Millie and our memories. And I'll go on with this blessed life, happily digging away in my garden." ■

Cindy Adams is a columnist for the New York Post and a reporter on TV's "A Current Affair."

continued from page 197

satisfied or willing to settle. In the past two years, the forty-four-year-old has taken a new young boyfriend, sold off her homes on both coasts, bought another in Malibu, knocked out a best-selling album with some very sexy videos and returned to touring after an eight-year absence from the stage. She's also made a new movie that—in typical Cher style—will surprise some of her fans. After winning the best-actress Oscar in 1988 for her exuberant performance in *Moonstruck*, Cher turned down every script until *Mermaids*, a sweet coming-of-age drama scheduled to open in December.

One thing she hasn't done lately is sit still for a wide-ranging interview. "It just got really frenetic—especially in the rag magazines—and I pulled back," she explains. She was coaxed out of a long silence, however, by the notion of discussing the *LHJ* motto, on which she is an expert: Never Underestimate the Power of a Woman.

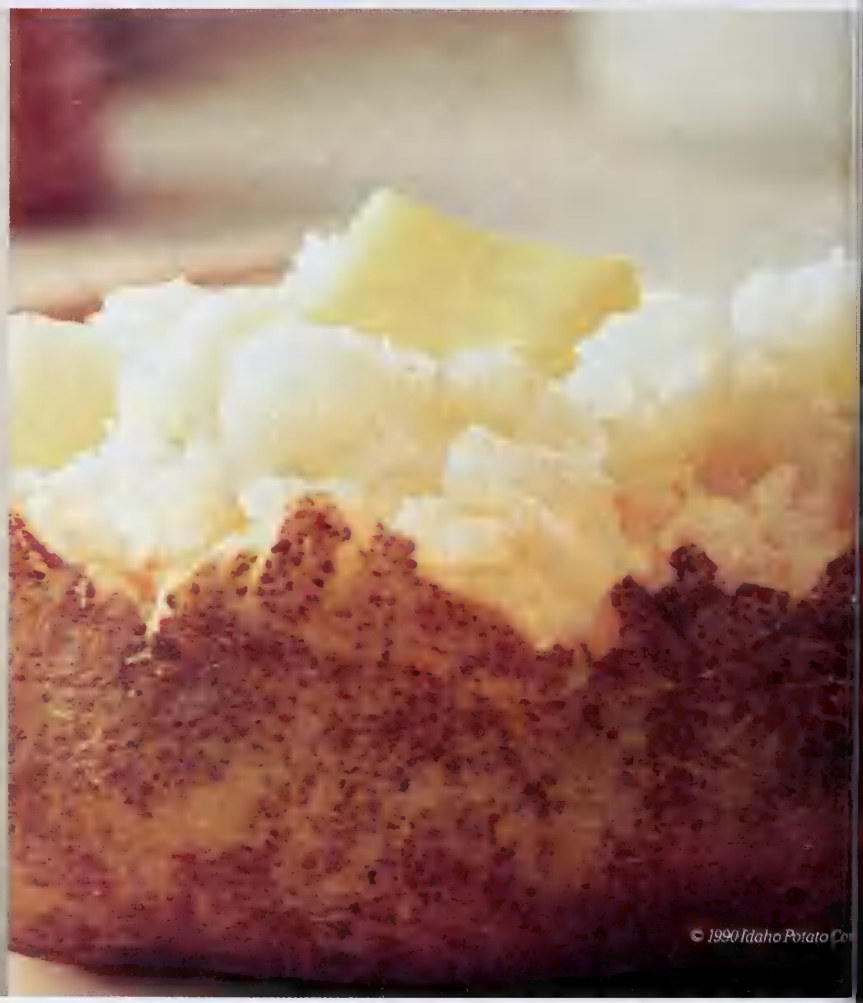
This is, after all, someone who started out in show biz as a powerless teenager but went on to become one of the mightiest women around—reaching the heights in music, TV *and* movies. "It's taken me years and years to learn about power, and I don't think I was any good on that score until I was about thirty. I had to learn the hard way that most of this stuff is bull. You can do what you want to do in life. No one controls or has any power over me. I could have always been this way, but I just didn't know it," she admits, then adds cheerfully: "Yes, it's a man's world, but that's all right because *they're* making a total mess of it. We're chipping away at their control, taking the parts we want. Some women think it's a difficult task, but it's not. You can start by becoming the individual on your block and soon there's so many of us—well, I'm no big feminist. I just believe everybody should have the right to go after whatever they want."

Cher has always known what she wanted: stardom. At eighteen, she married Sonny Bono, eleven years her senior. They scored their biggest hit single ("I Got You Babe") in 1965, when she was not quite nineteen. "I was strong-headed in decisions about my work," she recalls, "because I've always had pretty good creative instincts. Still, I knew nothing about power." Sonny controlled everything nonmusical in Cher's life from the outset. By 1972, though, she felt so desperate to escape his grasp that she found herself staring out a Las Vegas hotel window, thinking of suicide. "I was just miserable," she remembers. "I weighed ninety-two pounds, I could eat, couldn't sleep. I could easily have jumped—this is *absolutely* the truth—because it never occurred to me that there could be another way to get away from Sonny and Cher."

Finally she convinced herself to take a less self-destructive path and walk away from the act—and her husband. "It was the beginning of self-empowerment," she says. From then on, Cher did things her own way. She began acting as well as singing. She won over skeptical critics in the Broadway and film versions of *Come Back to the Five and Dime, Jimmy Dean, Jimmy Dean* and then won an Oscar nomination for her supporting role in *Silkwood*. Memorable performances in *Mask*, *The Witches of Eastwick*, *Suspect* and, of course, *Moonstruck*.

What gave her the strength to try hard, she says, was her mother's encouragement. "I was a real handful for my mother, but even though my behavior made her throw up her hands she would always say, 'Make something out of your life, be proud of what you do, and I'll be proud of you.'" Georgia Holt is a former model and actress who has married eight times, and Cher admits that Georgia has

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pire the free-spirited mother in *rmaids*. "I cleaned it up in some ces," she says, laughing, "but it's I play."

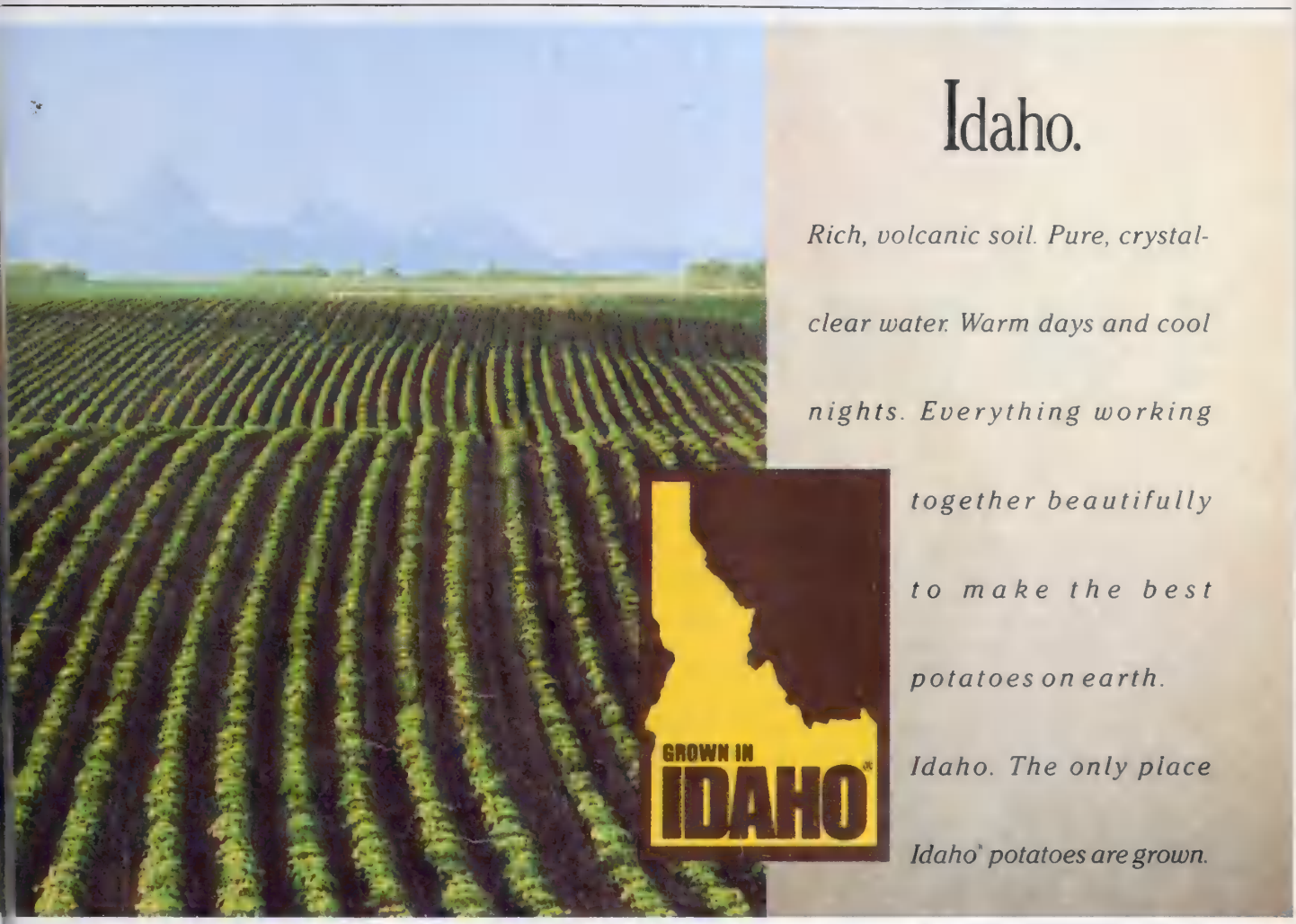
Offscreen, Cher has raised two kids her own, twenty-one-year-old Chas-, her daughter with Sonny, and rteen-year-old Elijah Blue, her son h another former husband, legend- rocker Gregg Allman. It hasn't all n easy. Last winter, the tabloids ged that Chastity, who leads her fledgling rock band, was a lesbian hangs out in gay bars in Green- h Village. Cher dismisses the scan- sheets and their accusations.

low would she react if ever Chastity bitch and everything, but I'm tired of suing,'" she recalls. "My kids are very media-wise, and it's not like Chas hasn't known all the stories they've printed about me. At that same time, one of the rags was even saying that my son was a satanist, so now we've nicknamed him 'The Antichrist.'"

Gossips have long feasted on Cher's own spectacular social life, especially her liaison with Rob Camilletti, a twenty-something baker-turned-actor, and her current romance with Richie Sambora, the thirtyish lead guitarist of the rock supergroup Bon Jovi. Having so much more money and clout than these young men, does she ever it. They'd say, 'Honey, sweetie, baby. . .'"

When Cher yearns for something these days, she's sure to get it. On the road she keeps a sharp executive eye on her seventy-one employees. "I'm not power hungry," she says, "but everybody knows what I expect, what I permit and what I embrace. Oh, there's just so much work," she sighs. "I never had a secretary. Now I have *three*."

The bus lurches into Manhattan, and Cher touches the charm bracelet black tattoo that adorns her upper left arm. "I'm not saying that I'm some kind of role model. People don't see my tattoos and say, 'Oh, God, that's beautiful.' They say, 'Well, she's crazy to do



ome home and say, "Mom, I'm "It wouldn't make any difference one way or another," she replies. ally wouldn't. If it were true, I l support her. Both my children. I really care what they want to do e so long as they are really good e. I don't believe that people are rst. I believe that they are people nd the other things are like ac- ies, y'know? Now, there are cer- hings that I *wouldn't* respect. I , if Chastity came home and told e belonged to the Ku Klux Klan, uld have a *huge* fight!"

v did Cher advise her daughter to e the terrible tabs? "I said, 'It's a overpower them? "Robert was my most balanced relationship," she insists, "even though no one could understand it. And Richie—Richie's no pushover. That's why I pick 'street' kind of men, men who are going to be able to stand up to me. Richie's happy I'm someone in my own right, not a shadow.

"Men want you to be self-sufficient," she adds, "but on the other hand, if you are able to just pick up and say, 'I'm going to go by myself,' they're not happy with that, either. Women without power are devious, like my mother and her generation tried to be. When they wanted a new dress, they couldn't go right to their husband and ask for tattoos, but I think I can like her in spite of it.' I do what I want to do."

And what will she do next? "After December I don't know," she says. "And I don't care, because what belongs to me will find me. I don't calculate the future. I've exceeded all of the goals I've set for myself, so I have to set new ones. I might like to direct. And I don't know if I can achieve 'bigger' in my career. I can only achieve more of the same." In the case of Unsinkable Cher, that's already amazing enough for several lifetimes. ■

Cliff Jahr is a contributing editor to Ladies' Home Journal.

NOW THE WORLD'S EASIEST HOMEMADE BROWNIE RECIPE



IS ON THE BACK OF THIS BOX.

BARBARA WALTERS

continued from page 199

While that may very well be true, a number of well-known women in broadcasting—Oprah Winfrey among them—credit Barbara as having been their professional role model.

Beginning her career as a newswriter for CBS, Barbara became a writer for NBC's *Today* show in 1961. She moved in front of the camera two years later, and after thirteen years of proving herself as one of TV's most capable interviewers, she was offered a $1 million contract to co-anchor *The ABC Evening News* with Harry Reasoner and host four prime-time specials a year. That union survived almost two years of tension on the set and sluggish ratings, after which Barbara moved to *20/20* and continued to do her specials.

Barbara says that it wasn't a crusader's heart but "boredom" that drove her to the top of her profession. "I didn't say, 'Look at me! I'm doing this for womankind!' On the *Today* show, I never minded doing the so-called female things—the fashion shows, cooking spots, whatever. But at the same time, it *did* bother me that I wasn't allowed to participate in a Washington interview, a Dean Rusk or a Bobby Kennedy one-on-one. That's why I started going out and getting my own interviews.

"And lest you think I was brimming with confidence—it wasn't that at all. I was frustrated and tenacious, and that's a powerful combination."

Predictably, Barbara's aggressiveness frequently rubbed male critics and colleagues the wrong way. "When I first started out," she recalls, "there was a period when people called me pushy while a Mike Wallace would be called authoritative. Or my questions were bitchy while someone else's were courageous; I was a nag while a man was inquisitive. But that's changed now. Women are much more accepted, even as anchors.

"Now you see Jane Pauley anchoring alone when Tom Brokaw's not there, or Diane Sawyer doing it when Peter Jennings is away," she continues. "There's no resistance to women whatsoever. In fact, the biggest stars of the last few years, the ones that the networks have been fighting over, are women. Fifteen years ago, that would have been unthinkable."

How long before a woman is named the permanent solo anchor of a network evening newscast? "It wouldn't surprise me if that happened the next time there's an opening," Barbara says. "Just look at the quality of women who are out there. None them would be denied an anchor spot because they're women."

Things have changed for women other areas as well, and Barbara f that the next barriers to come d will be in the political arena.

"We have women governors n and we've been fortunate that mos the women who have achieved nati al recognition have been strong good. I think that by 1996 we n have another female vice-presiden candidate; it isn't an idea that's ab rent to people anymore."

Barbara believes that the prog of the women's movement has not b uniform, though. Some "wom work," she says, is still undervalue

"If the women's movement did harm at all, it gave the woman stayed at home an inferiority comp I think it dissolved a lot of marria Women would say, 'There has to more out there,' and there wasn't essarily anything more or better."

As for the enormously difficult jo combining a full-time career with r ing a child, Barbara says, "It's a ancing act not every woman sh feel she must undertake. I wante child desperately, so for me there no choice. My daughter is twenty-

rs old now—and she's just terrific. children grow out of those feet-amas, and then you're not just deal- with a cute little baby. My daugh- and I went through some very gh times during her adolescence. rking mothers so often feel guilty ause we're not there enough, or en we *are* there we have work to do lse it's all we can do at night to get clothes off and fall into bed.

Fortunately, today, if you stay ne to raise a family, no one con- ns you. Every woman can make own choices. As a result, you have t more women who may be having child instead of three, managing a and having very full and exciting s. Every once in a while they may in the bathtub, turn on the water scream, but don't we all at one e or another?"

arbara attributes her own sanity to e than just a primal scream now then. "What's more important is I've always had very close women nds. I hate to say *how* long I've had n," she says, laughing. "Since col- , nearly forty years ago. That's al- s been very important, because I w that if I had trouble professional- personally, they would be there."

arbara has also drawn inspiration a number of the powerful people she's interviewed. She speaks with deep respect and affection of Anwar Sadat, Menachem Begin, Moshe Dayan and Margaret Thatcher, the world leaders who impressed her more than any others "with their intelligence, intensity and commitment. We see their likes far too rarely."

Among film stars, her favorites have been a pair of giants: John Wayne and Katharine Hepburn. "John Wayne was charming, bright, caring. I didn't necessarily agree with his politics, but I respected him. And Katharine Hepburn—she's an inspiration; she lives by her own rules. She rejects, totally, the idea that she's a legend. She calls that person 'The Creature,' and doesn't want any part of it."

While Barbara is still a workaholic, she admits that after three decades of chasing newsmakers all around the globe, she isn't running quite as hard as she used to.

"I don't know if this is good or bad," she says, pausing a moment to think, "but if someone else gets a story, I'm not tormented. Perhaps I would have been a few years back. There are now so many of us, and they're so good, if you eat yourself up every time someone gets something you wanted, you'll become a basket case. At my own network, I'm competing with Ted Koppel, Diane Sawyer, Sam Donaldson and Peter Jennings for interviews. And at the other networks, just among the women, there are Connie Chung and Jane Pauley and Maria Shriver. I like to get an interview first, but I no longer die when I don't.

Sadly, the pressures of her career have affected Barbara's marriage. In the past she has said, "My personal life takes a lot of balancing, since I'm based in New York, and my husband is very much a Californian." In September, as the *Journal* went to press, Barbara and her husband announced a trial separation, citing the difficulties of a bicoastal marriage. For Barbara, the next several months are likely to be a time of thoughtful reassessment.

"My friend Beverly Sills, whom I'm very close to, wears a ring with the inscription *I did that already*. When I first saw that, it really struck a chord. I'll probably never stop working, and I don't think I could lie in a hammock and relax for any length of time. But there's a difference between that and being as compulsive as I used to be."

Asked how she'd inscribe a ring of her own, Barbara gazes out the window for a long moment, then answers, "It would say *I don't want to climb any mountains*. Sometimes you can learn a lot by looking at them from afar." ■

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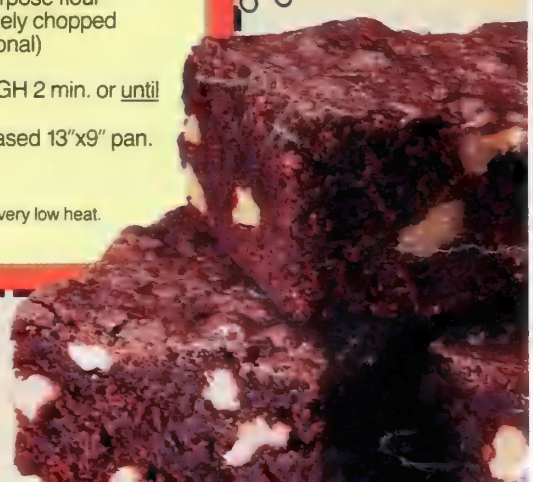
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Baker's® Chocolate One-Bowl Brownie Recipe

4 squares BAKER'S® Unsweetened Chocolate
3/4 cup (1 1/2 sticks) margarine
2 cups sugar
3 eggs
1 teaspoon vanilla
1 cup all-purpose flour
1 cup coarsely chopped nuts (optional)

1. **MICROWAVE*** chocolate and margarine in large microwavable bowl at HIGH 2 min. or until margarine is melted. STIR UNTIL CHOCOLATE IS MELTED.
2. **STIR** in sugar. Mix in eggs and vanilla. Stir in flour and nuts. Spread in greased 13"x9" pan.
3. **BAKE at 350°** for 35 min. (DO NOT OVERBAKE). Cool; makes 24.

*RANGE TOP: Stirring constantly, melt chocolate and margarine in 3-quart saucepan over very low heat.
CAKELIKE BROWNIES: Stir in 1/2 cup milk with eggs and vanilla. Use 1 1/2 cups flour.



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MADONNA

continued from page 198

affirming womanhood, Madonna makes fashion waves every time she changes her look—about once a week, it seems. She's global. Worldwide, sponsors court her, clerics condemn her, fans—mostly teenagers—follow her every dance step. At thirty-two, she's already a legend—and above all, she's her own woman.

Love her or hate her, Madonna has shown that she can match her talent with as much drive and independence as any man. She owns her own film-production company, called, not surprisingly, Siren. She has made herself tough, both mentally and physically, with muscles rippling up and down her perfectly conditioned body. She has something to say, and in saying it she may be the world's expert on keeping people, even the critical ones, interested. She is disciplined and knows exactly what she wants. She is a driven woman, an absolutely irrepressible sixty-four inches of energy.

It's an obsession, and she admits it. The woman is desperate for success and attention. "It comes from suffering a lot when I was younger," she explains as we settle down in the sparsely furnished living room of her Beverly Hills home, "from just being totally heartbroken and making a promise to myself early that no one was going to hurt me. I told myself that I was going to be somebody, to rise above it."

That's the five-year-old girl talking, the one who lost her mother to cancer. It was a real-life horror story that scarred her early. She became, she says, a hypochondriac and an insomniac. She clung to her father, begging him to take her with him if he died, becoming physically ill when they were apart. When he remarried, it was like a second knife in her heart. She took it as abandonment—and all of a sudden she saw herself as the little girl that nobody loved.

She's been fighting back ever since. "Once you get hurt really bad when you're young," she declares, "nothing can hurt you again."

True, but you never forget it either; at least Madonna hasn't. She's spent a lifetime chasing attention. "I've been an exhibitionist since I was a very small girl," she recalls. "I remember always doing totally outrageous things, doing things only to shock people."

That included, she says, a few shoplifting sprees, going to church naked under her coat, picking fights with strangers, dating older guys ("it separated me from the crowd"), being the craziest dancer on the floor, mismatching her clothes and jewelry—looking, acting and talking outrageously.

But it wasn't all frivolous. Madonna was the oldest daughter in a family of eight kids, so she had plenty of responsibility growing up. And despite her hostility for Dad in those years (they've since made peace), she fought to show him she was the best of the bunch. A God-fearing man who was an engineer for Chrysler, he rewarded *A*'s with quarters, and Madonna got the most, "not to be good because it was good to be good," she says, "but because I wanted to be better than all my brothers and sisters."

She was aggressive about everything, including boys. If she liked one, she went right after him. "Other girls hated me because I was not like they were," Madonna recalls. "I was really blunt with guys. I didn't play the cat-and-mouse game."

She was never a child prodigy. She had no drama experience, and she didn't take formal dance training until high school, but her brains and drive made her special. At her first talent show, in fifth grade, she put on a skimpy bikini and painted herself in fluorescent green, then go-goed wildly around the stage. She stunned everyone, but she won, and she learned a lot about what turns on a crowd. It's still working.

"Talent shows were . . . my one chance a year to be who I wanted and show people who I was," she says. "It gave me a chance to do something with my energy, because I would conceptualize it, plan the costumes, plan everything. I would try to get other girls involved, so I could tell everybody what to do and push them around . . . I've always been a control freak. I'm uncomfortable when I'm not in charge."

These days, on top of the world, she's still trying to get comfortable. She's looking for that leading part as an actress, and then there's that Oscar waiting down the road. Her marriage to actor Sean Penn fell apart after only three and a half years, and her liaison with *Dick Tracy* director/star Warren Beatty is on-again-off-again, but she believes she can have a successful marriage and plans on having kids eventually. She wants it all, and she'll have fun chasing it, but she thinks maybe she can relax a little.

"My life is really changing a lot for the better," she says. "I feel much more sure about who I am and what I've done as an artist, instead of feeling really frantic like I have to do everything, and do a lot of stupid things in the process . . . I just hope I can keep everybody interested."

You can bank on that. ■

Richard Price is a deputy managing editor for USA Today.

MONEY POWER

continued from page 180

Value Line Investment Survey. If yo have a broker, ask her for any researc the firm has done on the company befo making your final decision.

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Andrea Rock writes frequently abo personal finance.

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POWERFUL WOMEN

continued from page 200

Chrysler Corporation, she serves as vice-president of consumer affairs—a position she earned in 1988 after advising the company to acquire the Jeep line, now one of its biggest sellers. These days, Cutler is advising women to speak out. "Women are raised to please, not make waves," she says. "The object in business is not to make others comfortable, but to make them successful."



ELIZABETH DOLE

Many corporations have a structural flaw that troubles U.S. Labor Secretary Elizabeth Dole: the "glass ceiling," designed to block the rise of women and minorities to the top. In fact, her stated goal in her Cabinet post is "to serve as a catalyst for change in removing every last vestige of discrimination from the workplace"—just one of the savvy moves that lead many to think that Dole, who's married to Kansas Senator Robert Dole, will be on the national ticket soon. "We have come to realize that power is a positive force if it is used for positive purposes," says the fifty-four-year-old former U.S. Transportation Secretary, who helped establish a federal motor-vehicle safety standard in 1984 requiring every new car to have an air bag or automatic safety belts. "Women cannot have an impact unless they obtain a place at the policy table."



MARIAN WRIGHT EDELMAN

As a wife and mother of three, Marian Wright Edelman says she strikes a delicate balance between looking after other people's children and taking care of her own. "Service is what life is all about," says Edelman, fifty-one, founder and president of the Washington-based Children's Defense Fund. The leading spokesperson for our nation's young people, she's usually the first person called upon for information on day-care legislation, funding for prenatal care and preventing teen pregnancy—her primary concerns. She has also proven a particularly shrewd strategist on Capitol Hill, negotiating comprehensive child-care legislation through Congress. Edelman, who began honing her lobbying skills as a crusader for civil rights in the early sixties (she was the first black woman admitted to the Mississippi bar), draws inspiration from the words of Martin Luther King Jr.: " 'If you can't run, walk,' he said, 'you can't walk, crawl, but by all means keep moving . . .' "



JANE FONDA

She went from sex symbol to social activist to aerobics queen, trading her cartoonish *Barbarella* image for a set of fashionable chrome barbells. Newly single, Jane Fonda, fifty-two, has created a popular approach to fitness for women, releasing videos and books that have earned her millions. Although her support for North Vietnam when she was young nearly destroyed her career, the two-time Oscar winner remains active in liberal causes and continues on the steering committee of Campaign California, a political and environmental action group chaired by her ex-husband, Tom Hayden. "I'm living proof that it's never too late," says Fonda, who doesn't shy away from controversy: The slate for her production company, Fonda Films, includes the screen version of Neil Sheehan's best-selling Vietnam War analysis, *A Bright Shining Lie*.



EILEEN FORD

"Any pretty girl can be a model," says Eileen Ford. "But not any pretty girl can be a star." Discovering that special quality in such "pretty girls" as Jane Fonda, Candice Bergen and Lauren Hutton has kept Ford at the top of her field since 1946, when she and her husband founded the Ford Modeling Agency. Known for her efficiency, the sixty-eight-year-old Ford, a Barnard graduate, goes to great lengths to protect her clients from the dangers inherent in such a lucrative, glamorous business—even housing models under eighteen in her own home. "Unless a girl comes into this business with very

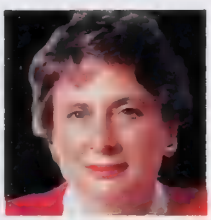


ong moral convictions," Ford says, ıe's very likely to get into trouble."



THARINE AHAM

e's often described as the most pow-ul woman in America. As president l CEO of the Washington Post Com-ıy, Katharine Graham, seventy-ee, rules a media empire that con-s not only of the award-winning vspaper, but also of *Newsweek*, tele-ion stations in three states, and ca- systems in fifteen more. Graham l to take charge of the *Post* when husband Philip committed suicide 1963, but she wasn't totally unpre-ed: The University of Chicago grad-e had worked in the paper's editori-department years earlier, when it s run by her father. "Watch my lit-Kate," he would tell friends. "She'll prise you." And she did—turning a ıily business into a company valued nore than $1 billion.



YLLIS GRANN

llis Grann was a young, inexperi-ed publishing-house secretary at liam Morrow & Company in 1962, that didn't keep her from spotting t-seller potential in the novel *Na- Came I*, by David Weiss. It was the first of many Grann slams for llis, fifty-three, now CEO of the nam Berkley Group—publishers of h big-leaguers as Tom Clancy, Ste-n King, and Bill Cosby. The mar- mother of three, who had intended ccept a fellowship in history before llege-placement-office error led to enrollment in a Doubleday train-program, has some simple advice would-be number ones: "Don't be id to start at the bottom."



LA HILLS

launted by the names that have h lobbed her way—"trade warrior" "bully" among them—U.S. Trade



Representative Carla Hills is determined to carry out her mission. In 1989, barely a month into her job, she fingered Japan, Brazil and India as unfair trading partners; this past January, President Bush tapped her to hammer out a new trade treaty with the Soviet Union. Meanwhile, the fifty-six-year-old Southern California native doesn't fret over being female in a male-dominated field: "If people think you are immersed, are serious and have done your homework, then they take you seriously."



CAROLINE ROSE HUNT

Caroline Rose Hunt watched her flamboyant brothers Bunker, Herbert and Lamar lose their fortunes when they tried to corner the world silver market in 1980. But the millionaire daughter of Texas oilman H.L. Hunt (she's worth about $800 million, according to *Forbes* magazine) decided to invest in less chancy endeavors. Her company, Rosewood Corporation, sold the Hotel Bel-Air, in Los Angeles, last year—making an $80 million profit on a seven-year investment. Yet sixty-seven-year-old Hunt—who has donated generously to various causes, including the American Foundation for AIDS Research and the Arthritis Foundation—feels her financial success comes second to what she says is her greatest accomplishment: "raising five children to be caring, contributing members of the world."



ROSABETH MOSS KANTER

At twenty, she lived on a commune. At forty-seven, she is the nation's foremost female business guru: a Harvard Business School professor, the first woman editor of the *Harvard Business Review* and co-director of a consulting firm. "Power is the ability to get things done," says Kanter, who, while raising a son, has also published ten books—including the 1977 best-seller *Men and Women of the Corporation*, which outlined the subtle ways corporations hold back women and minorities. "Too *(continued on page 288)*

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TRAVEL JOURNAL

ROCKY MOUNTAIN HIGH
Colorado's best ski resorts

Other states may put their ski areas wherever they're lucky enough to find a suitable mountain, but in Colorado you can pick and choose from a variety of mountains and resorts. From an original Wild West town to an Alpine village, Colorado resorts offer numerous ski schools and limitless activities for the whole family. Here are some popular Rocky Mountain getaways to consider.

Vail Its terrain, snowmaking, grooming, lifts and resort facilities have made it number one with North American skiers. Vail boasts the largest ski mountain in the country, the largest ski school and most extensive high-speed lift network in the world. This picturesque village has 2,614 acres of lift-access bowls to give you a heavy dose of Alps-style skiing without a long wait. It's the next best thing to Switzerland. Call 800-525-2257.

Aspen Synonymous with skiing and the good life, Aspen sports an array of quality shops and restaurants. Private jets and Hollywood celebrities—sights familiar in Beverly Hills—give this town an unmistakable cachet. The skiing, however, is what boosts Aspen's popularity and attracts people of all abilities. The Aspens, as the area is known, consist of four ski areas, one town and a village, all located within a twelve-mile radius. Call 800-262-7736.

Snowmass This Aspen ski area is a favorite with families and features instruction for all ages and abilities. Explore over two thousand acres of skiing terrain with sixteen lifts, including three high-speed super quads to get you back up the 11,835-foot mountain. Call 800-332-3245.

Buttermilk The best mountain for learning in the Aspens, Buttermilk is home to the Vic Braden Ski College, where "learning through laughter and allowing yourself to make mistakes" is the premise of the five-day program. Call 800-525-6200 for details.

Breckenridge Colorado's oldest mining town and ski resort offers a wide range of lodging. Enjoy three peaks with one hundred and twelve trails, sixteen lifts, a popular ski school, and a Victorian-era town: call 303-453-2368.

Steamboat Known as "Ski Town USA," it's home to more Olympians than any other town in the United States and i best known for its Champagne Powde skiing (ungroomed trails blanketed with fluffy, light-as-air snow). Twenty one lifts allow skiers to enjoy the on hundred and three trails. There ar Billy Kidd Racing Camps for buddin competitors as well as the West's old est Winter Carnival. For information call 800-922-2722.

Copper Mountain Seventy-five minute from Denver, Copper Mountain i known as a "skier's mountain." Com plete with twenty lifts, four bowls an many trails, the unique terrain of th mountain allows for separation of be ginner, intermediate and advance levels. Accommodations, dining, shop ping and the Copper Mountain Rac quet and Athletic Club, beckon skier of all abilities. Call 800-458-8386.

Winter Park Over the past fifty years Winter Park, ninety minutes fro Denver, has grown from a single to rope and a handful of trails to a reso with one hundred and six trails o three mountains. Most notable are th ski programs for kids, a ski progra for the disabled, and day care. Ca 800-453-2325.

For more information, contact Col rado Ski Country USA, 1560 Broa way, Suite 1440, Denver, CO 80202; call 303-837-0793. —EVERETT POTTE



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SKIING WITH YOUR KIDS? GO WEST TO PARK CITY!

What's so special about skiing out west? Well, for starters, you've got the near-perfect conditions: a long ski season (at most resorts, u can ski from mid-November until e end of April), wide-open trails of sh powder snow with nary a hint of and temperatures that hover ound 55°F. in February and March. A trip to Park City, Utah, is sure to ease the whole family. It's home to e U.S. Ski Team and the U.S. Ski sociation, host of this year's opening ces for the men's and women's U.S. o Tours Race (to be held Thanksgiv- g weekend). Park City is twenty-sev- miles east of Salt Lake City—an sy forty-five-minute ride from the rport. Park City is an old silver-min- g town dating from the 1860s, and it s all the amenities you would ex- ct: evening sleigh rides, snowmobil- g, cross-country skiing, myriad ski ores, hot-air ballooning and art gal- leries, not to mention the landmarks and cultural attractions of Salt Lake—the Mormon Tabernacle, the ballet, symphony and theater. Accommodations vary: Choose from bed-and-breakfast inns, luxurious condos offering ski-in, ski-out accessibility (like those at the Resort Center Lodge and Inn at the base of the Park City ski area) or the old-fashioned country-inn charm of The Homestead Resort (twenty minutes from the slopes). Daily lift tickets: adult, $37; child (twelve and under), $18. Half day: $25, adult; $15, children. Multi-day and multi-area tickets are available at Deer Valley, Alta, Snowbird and Sundance. For lodging reservations, call Park City Ski Holidays, 800-222-7275. For reservations at the kinderschule and ski school, call 801-649-8111.

What should you know about skiing with kids? We spoke with Candice Forslund, director of the kinderschule, to find out how you can help make your kids' first ski trip every bit as exciting as you planned it to be.

1. Make sure kids are really ready to learn to ski. The consensus among experts today seems to be that by age four or five, a child has the physical and psychological development necessary to master the sport. While every parent knows that three-year-olds can be fiercely independent, most don't have the socialization skills necessary to learn well in a group setting.

2. Talk about your upcoming trip well in advance so kids get excited before they even get to the mountain. Show them pictures of where you'll be going and, if possible, rent your equipment ahead of time so they become familiar with the gear.

3. Look for ski resorts that offer an indoor instruction area, too, so kids can meet the instructor, practice falling down, marching up a hill and other necessary skills before they ski.

4. Don't rush your kids onto the slopes bright and early the first day you arrive, especially if you've traveled a good distance to get to the resort. Kids might be tired and frustrated, and therefore more likely to get hurt.

5. Dress them properly. Nothing dampens enthusiasm more than being wet and cold. Be sure to pack an extra snowsuit, long underwear, ski socks, neck warmers, two pairs of waterproof mittens that fit, sunscreen, goggles and sunglasses with UVA protection.

6. Don't push a recalcitrant youngster. You may adore skiing, but if your kid is miserable, accept it. Visit a resort that offers activities for those who don't like, or aren't quite ready for, downhill.

—MARGERY D. ROSEN

TRAVEL JOURNAL

YOSEMITE NATIONAL PARK
A winter wonderland

Yosemite in winter is one of California's best-kept secrets. The crowds are gone and prices are down, but the scenic splendor is perhaps at its peak. Thousand-foot waterfalls still thunder this time of year, with an added treat—great white snow cones building up from their icy spray. Boulders in the Merced River soften into fat white mushrooms, while the limbs of even the strongest conifers strain under their snow-heavy blankets.

This beautiful setting is perfect for a variety of winter sports. Ice-skating by moonlight on an outdoor rink, with no less a monolithic granite backdrop than Half Dome, warms the spirit. Sledding is a super way to sample the valley's contours. And, of course, there's skiing, made affordable by a mid-week ski package ($25/adult, $15/kids ages seven to twelve, $20/Badger Pups—ages four to six).

Badger Pass, California's oldest ski area, is reached via a scenic twenty-one-mile bus ride southwest of the valley. Transportation is included in the package, along with downhill lessons, cross-country lessons and ice-skating.

If beauty, serenity and winter sports aren't enough, Yosemite has even more to offer: You can sample California's finest wines and meet the best California winemakers on an informal basis from November 11 through December 13 at Yosemite's Vintners' Holidays. And in January, Yosemite features a series of Chefs' Holidays. Both programs consist of eight or nine sessions. Each opens with a reception, followed by vintners' presentations or cooking demonstrations, and culminates in an extraordinary banquet.

What makes these events spectacular, aside from the quality of talent they showcase, is the setting—the elegant Ahwahnee Hotel, a national landmark rich in history and Native American ornamentation.

The reception and demonstrations, all free and open to the public, take place in the Great Lounge, whose ten-foot-wide floor-to-ceiling windows are topped with stained-glass panels, each with a different Indian motif. The banquet (Vintners' is priced at $80 including wines, Chefs' at $66 without wine; tip and tax included for both) take place in the grand Ahwahnee dinin room, softly lit by great wrought-iro chandeliers. Served at tables of up t ten, the menu might consist of suc delicacies as carpaccio of tuna with c pers and papaya chutney, grilled Jap nese eggplant with sweet pepper, wa nuts and winter pears poached white wine with ginger crème an laise. It's the ultimate treat after a fu day in the snow (and with baby-sitte available, a great escape for you!).

After such a dinner, there's nothir like a walk in the chill night air awaken the senses. For those n lodged at the Ahwahnee (from $170 night for a double), a free shuttle b makes the rounds to nearby Yosemi Lodge (a deluxe motel-style room priced from $63.50) and to Curry Vi lage, where standard rooms a $51.50. Accommodations, dining, act vities and special events are run by th Yosemite Park and Curry Co., 54 East Home Avenue, Fresno, CA 9372 the number to call is 209-454-2020.

When one considers that over half million visitors come to Yosemite July alone but fewer than one hundr thousand visit in January, it becom apparent that the secret of Yosemite winter has yet to be revealed.

—CAROL CANTI





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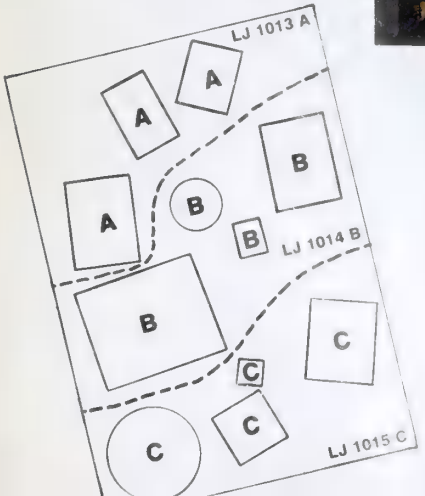
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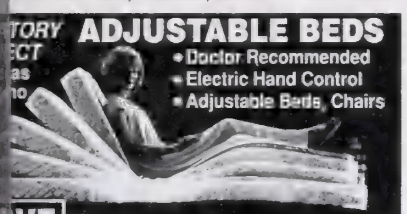
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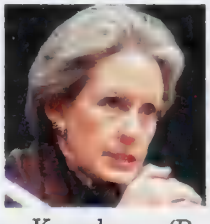


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POWERFUL WOMEN

continued from page 285

many people let others stand in their way and don't go back for one more try," Kanter says. Not this woman.



NANCY LANDON KASSEBAUM

Senator Nancy Landon Kassebaum (R–Kan.) steered clear of politics—save for a stint on her local school board—until her four kids were almost grown. But government was in her genes: Her father, Alf Landon, was governor of Kansas in the thirties and ran against FDR in 1936. Avidly pro-choice and pro–Equal Rights Amendment, Kassebaum, fifty-eight, is credited with orchestrating passage of the bill imposing economic sanctions against South Africa. "While women have always had important things to say, we never had sufficient access to a forum," says Kassebaum, who nonetheless treasures the title "Mother" over "Senator." "Fortunately, that is changing."



PAT KINGSLEY

Soft-spoken, Southern and quietly assured, Pat Kingsley is the antithesis of the image of the flashy, fast-talking Hollywood publicist. But as America's fascination with celebrities has grown, so has this woman's behind-the-scenes influence. In fact, so powerful is Kingsley—her bicoastal firm, PMK, handles Sally Field, Goldie Hawn and Robert Redford, among other box-office megastars—that Hollywood myth has it that studio executives consider it a real event when she returns their calls. Still, the Gastonia, North Carolina, native, who's divorced with one daughter, is just doing her job—being fiercely protective of her clients' personal lives while releasing only the kind of stories that will advance their careers. "To be a press agent takes the ability to instantly know what is good or what is bad for someone," says Kingsley, who began her film-industry career as a secretary at rival agency Rogers and Cowan. "You have it or you don't."



MATHILDE KRIM

When the horror that is AIDS became known in 1981, Dr. Mat Krim was doing cancer research. she understood the threat of the hu immunodeficiency virus to society started what is now called the Am can Foundation for AIDS Rese (AmFAR), the only private nationa ganization devoted solely to AIDS search and education. Krim her meanwhile, has been a noted spo woman for AIDS sufferers. How the tireless sixty-four-year-old p vere in her mission? Conviction. "I more information than most pe and I feel I have an obligation to us



JOAN B. KROC

Joan B. Kroc, widow of McDon

which makes that candy seem a little less dandy.



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er Ray Kroc, has used some of ortune he made from selling bil- of burgers to serve her communi- San Diego. She's helped undo leg- ve snags delaying the building of pice, established the Internation- titute for Peace Studies at Notre e and donated her two-hundred- ranch to the Ronald McDonald ies for seriously ill children. "I women have always had power," Kroc, sixty-one, who has one ter and four granddaughters. power for power's sake is not y. Confidence and perseverance hat real power is all about."



RA KURTZIG

she left General Electric in 1972 t a computer-programming busi- some couldn't grasp what Sandra g did for a living. "When I said I software, people thought I was lingerie," she says, laughing. g, forty-three, now employs al- a thousand people worldwide at 207-million-dollar-a-year compa- ny, ASK Computer Systems Inc., based in Mountain View, California. The only female CEO of a major computer firm, Kurtzig attributes her success to a knack for developing new products and inspiring her staff. "Power," she says, "is your ability to be a leader and get people to follow."



ANN LANDERS AND



ABIGAIL VAN BUREN

Dear gals:

For thirty-four years, we've turned to you for sage advice on everything from child abuse to the proper way to hang toilet paper. That's what makes you the world's most popular newspaper columnists, of course—the two of you are syndicated in more than twelve hundred newspapers, not to mention that you're the country's most celebrated identical twins.

Thank you for making us laugh, think and "smell the coffee." We applaud you for speaking your minds, even when it cost you friends—Abby was an early endorser of the right to die, and Ann is a staunch advocate of abortion rights and gun control. You're not afraid to confess your own troubles, either; our hearts went out to you, Ann, when you wrote that "most difficult column" announcing your divorce, and we worried when you and Abby weren't speaking to each other for several years. Now we're glad that, at age seventy-two, you're as close—and as strong—as ever.

We do have one question, though: Where do *you* write for advice?



ANNIE LEIBOVITZ

The most celebrated female photographer since *Life*'s Margaret Bourke-White, Annie Leibovitz was only twenty-one when she made her *(continued)*

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POWERFUL WOMEN
continued

first sale—a picture of legendary B poet Allen Ginsberg snapped at a S Francisco peace march. Since th Annie, who attended the San Fran co Art Institute, has specialized in p tographing celebrities, earning a re tation for presenting her subjects new and revealing ways—Me Streep stretching her face like putty Clint Eastwood hogtied in a West street. Though her work is in gr demand by magazines and galleries the forty-one-year-old satisfied? don't want to be stuck with the im of that woman who gets people to all sorts of weird things," she says.



MAYA LIN

Architect Maya Lin doesn't want works to be viewed from a clinical tance but rather to be felt—with gers and heart. Her most famous ation, the black granite "V" of Vietnam Veterans Memorial in Wa ington, is one such example; her la work, Alabama's Civil Rights Mem al—highlighted by a twelve-foot-di eter granite disk inscribed with names of forty freedom fighters of civil rights movement—also invi hands-on admiration. Though Ol born Lin, thirty-one, observed events of the sixties from a child's p spective, she says she feels their sig icance: "I wanted to put the tr down, just once. After all, if you d remember history accurately, how you learn?"



LYNN MARTIN

Her colleagues on Capitol Hill call "one of the boys." But Lynn Mar fifty, a five-term Republican Congr woman from Rockford, Illinois, rea admits to operating differently—p ferring to talk about families inst of golf. And it seems to work: Mar who served as vice-chairman of House Republican Conference u she embarked on her race this y against Senator Paul Simon (D–Ill. widely considered the most influen woman on the minority side of

sle, winning plaudits for her efforts curb Federal spending and extend portunities to women (she supports portion rights, for example). While e has yet to put her own name on a ajor piece of legislation, Martin's al talent is for politicking behind the enes—or, as she puts it, "to influence gislation so that twenty years from w, someone will have a better life."



UISE McNAMEE

uise McNamee helped promote a r—and got a bundle for it. As presi- nt and chief operating officer of one the country's top-twenty ad agen- s, Della Femina, McNamee, WCRS, c., she helped launch the popular be Isuzu" ad campaign—boosting the r company's sales 25 percent. Such ccesses earned McNamee, forty-one, e 1989 Ad Woman of the Year award m *Adweek* magazine and the Adver- ing Women of New York. Better ll, the Tennessee native's wry influ- ce is good news for female consum- , who for years were bombarded h unimaginative ads trying to con- ce them that waxy yellow buildup s a sin. "American women are over- rdened," says McNamee, "and other rking women are very much in ch with that."



RBARA KULSKI

rbara Mikulski can claim a lot of ts: the first woman elected to state- e office in Maryland, the first wom- Democrat to win a Senate seat in own right, and the first woman nocrat to have served in both houses Congress. Defining *politician* as "a al worker with power," Mikulski, r-four, helped write the 1984 Child se Act and helped found the Con- ssional Women's Caucus. "Power is ing the wherewithal to make some- g happen," says the pugnacious timore native, who's fully aware many women continue to find it an ive commodity. "There's more than ass ceiling—there's a *steel* ceiling. very hard to break through, and often it's not because we don't e the ability. It's because we're looked and undervalued."



TONI MORRISON

Toni Morrison didn't expect her fifth novel, *Beloved*, to be well read, much less win the 1988 Pulitzer Prize. Like her other works, *Beloved* is a powerful, uncompromising view of the black experience; unlike them, it deals with the anguish of slavery—a topic still difficult to discuss in this country. But Morrison, sixty-one, has a way of confronting the reader with hard truth. Her refusal to write watered-down "universal" stories allows her to create richly textured characters—black women defining themselves and their relation to the community and the white world. "I want my books to always be about something that is important to me," she once vowed. Important they are—but to all of us.



MARTINA NAVRATILOVA

It's always a pleasure to see Martina Navratilova hold court: She's game, she's set, she's matchless. The record nine-time Wimbledon winner has twice topped Chris Evert's record of fifty-five consecutive wins and has earned more than $16 million since turning pro in 1975, not counting profits from her clothing line. "I think the key is for women not to set any limits," says the thirty-four-year-old native of Czechoslovakia, who will compete with the world's top sixteen players in the Virginia Slims Championships in New York City this month. "Just go out there and do what you've got to do."



LYNN NESBIT

Piloting authors like Tom Wolfe, John Gregory Dunne, Ann Beattie and Nora Ephron, Lynn Nesbit is one of the literary world's premier power brokers. Having catapulted herself into the elite ranks of her business by leaving ICM—where she became one of the first female senior *(continued)*

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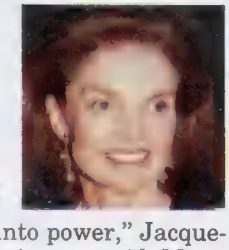
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vice-presidents of a talent agency—and joining in a partnership with the influential Morton Janklow last year, Nesbit, fifty-one, can singlehandedly mold a writer's career. "I think power is an overused word," says the Northwestern University graduate, who entered publishing as an editorial apprentice at *LHJ*. "In my opinion, too many people are concerned about gaining power rather than striving for genuine achievement, and thus making a real contribution."



SANDRA DAY O'CONNOR

When Sandra Day O'Connor graduated from Stanford Law School in 1952, she applied to every large law firm in California. Only one offered her a job—as a secretary. But the El Paso, Texas, native eventually found justice. In 1981, having served in Arizona as an assistant state attorney general, county judge, and Appeals Court judge, O'Connor was tapped for the U.S. Supreme Court—the first female to serve there. In a number of far-reaching decisions on abortion rights, O'Connor has served as a moderate balance between the Court's liberal and conservative judges. "Where and how we lead is up to us, our views and our talents," says the sixty-year-old mother of three. "But the hour will come for each of us."



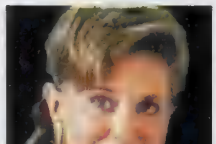
JACQUELINE KENNEDY ONASSIS

"Frankly, I'm not into power," Jacqueline Kennedy Onassis once said. Many would disagree: For more than thirty years, Onassis, sixty-one, has remained an American icon. As First Lady, she brought sophistication—and fashion—to the White House; as a mother, she raised two admirably well-adjusted children; and as an editor at Doubleday, she has a keen eye for hot acquisitions (notably Michael Jackson's *Moonwalk*). She has been unbowed by tragedy and intrepid in the face of controversy. And, despite the volumes written about her, she remains an enigma—which only adds to her appeal.



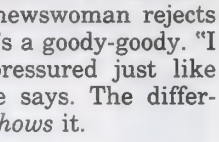
GENEVA OVERHOLSER

"Power is the ability to make change," says Geneva Overholser. As editor of the Pulitzer Prize–winning *Des Moines Register*, the forty-two-year-old mother of two has been doing just that: In July 1989, she wrote a column questioning the long-standing newspaper tradition of concealing the names of rape victims. Although she concluded that a paper should not reveal a woman's name against her will, she urged victims to speak out to end the stigma. Three weeks later, Nancy Ziegenmeyer, a twenty-nine-year-old mother who had been abducted and raped, offered to share her story. The resulting five-part series of articles drew national attention. "When we as a society refuse to talk openly about rape," says Overholser, "I think we weaken our ability to deal with it."



JANE PAULEY

Jane Pauley didn't complain when her thirteen-year role as co-host on the *Today* show suddenly diminished. Instead, she politely moved on to her own TV newsmagazine, *Real Life with Jane Pauley*—and took the audience with her. Proving the power of niceness, Jane's specials took off while *Today*'s ratings plummeted. Now the betting in TV land is that the broadcast moguls learned their lesson, and she'll soon become the first woman anchor on an evening news show. Meanwhile, the forty-year-old newswoman rejects the notion that she's a goody-goody. "I get harried and pressured just like everyone else," she says. The difference? Jane rarely *shows* it.



FRANCES PRESTON

She isn't nearly as well known as, say, Dolly Parton or Willie Nelson, but to those famous folks, Frances Preston is one of the music industry's biggest stars. As president and CEO of t nonprofit New York City–bas Broadcast Music Inc. (BMI)—t world's largest music-licensing or nization—Preston helps see to it th music artists are paid every time th work is played on TV, on the radio at your local nightclub. "Think yourself as a business person, not a woman," advises Preston, who join BMI in 1958 after working in the m sic and broadcasting industries Nashville as a receptionist and m keting representative. "Think of yo self as an equal."



ILEANA ROS-LEHTINEN

Ileana Ros-Lehtinen still has the s ond half of the round-trip airline tic with which she left Havana thirty ye ago. But although she may someday back to her homeland, she won't staying: Last year, the thirty-eig year-old former schoolteacher beca the first Cuban-American to be elec to Congress. A conservative with strong anti-abortion stance, Ros-L tinen (R–Fla.) is the only Republica the Hispanic Caucus and got help d ing her campaign from Jeb Bush, President's son—giving her more cl than the typical freshman. Yet she s reads all her own mail and signs own letters. "I'm a very down-home s of person," says the married mothe two. "I tend to look at national iss from the perspective of how they af the average person in my district."



JANET DAVISON ROWLEY

For a late starter, she's come far. N spoken of by colleagues as a conten for a Nobel Prize, Janet Davison R ley, a sixty-five-year-old University Chicago physician, uncovered chro somal changes in leukemia patie thus breaking new ground in the fi of cancer genetics. Doctors can now chromosome studies to diagnose c cer; Rowley and her colleagues are a hoping to find out how gene chan cause disease, and to help deve treatments. "Choose to have a ca early and a family late," says Row who made her first major discovery 1972. "Or choose, like I *(continu*



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POWERFUL WOMEN
continued

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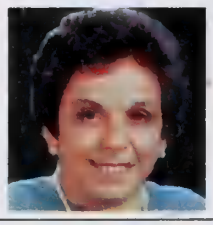
MARGE SCHOTT

Marge Schott's husband, Charles, died suddenly in 1968, leaving her with a number of companies, including brick plants, pig-iron plants, and an auto dealership—businesses about which she knew less than nothing. But when she discovered that her husband's managers had charged his funeral to their expense accounts, she fired them, learning to oversee her husband's businesses so well that years later, she decided to buy one of her own: the Cincinnati Reds, purchased in 1984 as a gift to the team's home city. Though a dugout is even more sexist than a pig-iron plant (only one other woman owns a team), Marge has made the diamond her best friend while making her colleagues understand who's boss. "Marge," they say, "calls the Schotts."



PATRICIA SCHROEDER

The woman with the most seniority in Congress, nine-term representative Patricia Schroeder (D–Colo.) uses most of her muscle to push family issues—such as the Family and Medical Leave Act (vetoed by President Bush), abortion rights, child care and education—into the political mainstream. "I find that one of the tensions in our society is that men often fear losing their power, and women often fear losing men's love," says the fifty-year-old mother of two. "Many women have more power than they recognize, and they're very hesitant to use it, for they fear they won't be loved."



DONNA SHALALA

As the first woman to lead a Big Te university, the University of Wisco sin at Madison, Chancellor Donn Shalala is arguably the most impo tant woman in academia today. Fo merly HUD's assistant secretary fo policy development and research u der President Carter, the forty-nin year-old Shalala—who is single—ju gles a billion-dollar budget, bones u on Badger football and deals with th most serious issues on campus toda racial tension, alcoholism and da rape. Of the last, she has said, "Th most effective weapon is education men about this issue. You need to ope the lines of communication."



LIZ SMITH

It's been decades since those syndica ed tattletales Hedda Hopper, Louel Parsons and Walter Winchell cou make or break careers with a tap the typewriter keys. But the breed far from dead, and today few colu nists are more powerful—or more r spected—than sixty- *(continue*

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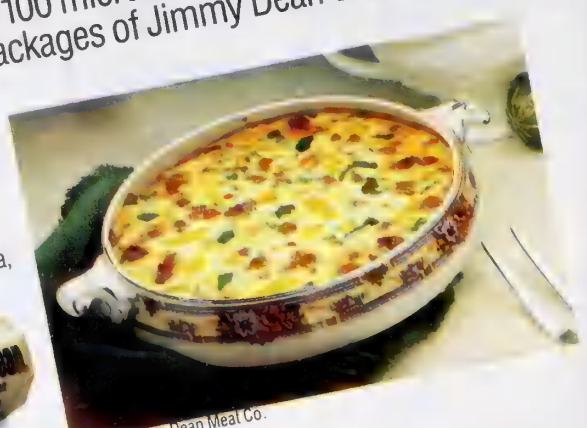
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■ POWERFUL WOMEN
continued

seven-year-old Liz Smith: Her tanta ing tidbits are syndicated in about s ty newspapers nationwide. Whet snitching for the New York *Da News* or the city's popular *Live at F* television news program, the F Worth, Texas, native doesn't just g sip—she builds little castles with dirt, offering astute, sometimes c ting opinions on the media, polit and other matters of general intere "My personal definition of power is affect outcomes, to enlighten and fluence," confides Smith. "I try to my work represent a positive an plus. To deny we need and want p er is to deny that we hope to effective."



DANIELLE STEEL

To author Danielle Steel, the key power is persistence. After her fi book, *Going Home*, was published 1973, she wrote five more—and were rejected. "I was seriously thi ing of going into the ministry whe decided to write just one more," sa the author, "not for any yearning success, but because there were alwa stories burning holes in me that I h to write no matter what." That s enth novel started a prolific car that encompasses fourteen childre books, one book of nonfiction, one bo of poetry and thirty-five novels—i cluding her most recent best-sell *Message from Nam*. Her advice to a piring writers? "You have to be willi to keep at it until you drop," sa Steel, who often puts in twenty-tw hour days when at work on a nov "In the end, it pays off."



ELIZABETH TAYLOR

She's a survivor whose passions a pain are larger than life, whether sh loving and mourning in public, ba tling near-fatal illness or substan abuse, or fighting an ever-prese weight problem. Now, at fifty-eig Elizabeth Taylor is most influenti not as an actress but as a busines woman—her Passion perfume line w

most successful celebrity fragrance nch in history—and as a humanian. Indeed, at an age when some rs slow down and take a break, Tayis tackling her greatest challenge: sing millions of dollars for the erican Foundation for AIDS Rerch and using her nonpareil contions worldwide to "do what it es to find a cure."



DA WACHNER

head of the apparel conglomerate rnaco, Linda Wachner gets a lot of ies from the rag trade: $2.9 million ear, to be precise. Not bad for some- whose first job, twenty-four years , was a $90-a-week post in a merndising firm. But even though chner, forty-four, broke through glass ceiling to acquire Warnaco d was the first woman ever to buy a tune 500 company), she acknowles that other women in the busis world are still hindered by an inble barrier of discrimination. The et of her own success? "Find something that the company needs and that you can give better than anybody else. Then make sure people know what you can do."



FAYE WATTLETON

Known for her cool poise in the fire of the abortion debate, Faye Wattleton has presided over the Planned Parenthood Federation of America for twelve years and is considered the nation's most effective pro-choice spokesperson. Wattleton, forty-seven, took the reins of the organization at a time when it was seen largely as a provider of birth control devices and information. Gradually, though, she shifted the group more and more into defending a woman's right to legalized abortion. Wattleton's beliefs were cemented years ago as a nurse in Harlem, where she watched a teenager die of kidney failure after her mother injected her with household chemicals in an attempt to induce an abortion. Recalls Wattleton: "That was the closest I had come to the desperation women feel."



OPRAH WINFREY

Being the only talk-show host to topple Phil Donahue might seem triumph enough for anyone. But Oprah Winfrey has since gone on to become an Oscar nominee, Emmy winner, prime-time series star and restaurateur, and she's the first black person to own her own studio. Winfrey, thirty-six, sees her power as a means to "make a difference in people's lives" and shares her multimillion-dollar earnings generously—whether financing one of her producers' weddings or funding scholarships for her alma mater, Tennessee State University. "Follow your instincts," she says. "That's where true wisdom manifests itself." ■

This article was reported by Barbara Burgower and Eileen Moon. Written by Shana Aborn, Barbara Burgower, Mary Huzinec, Nina Keilin, Dean Lamanna, Eileen Moon, Amy Myers, Susan Price, Jeff Rovin, Sandra Salmans, Karen Springen and Elaine Whiteley.



50 WAYS TO USE YOUR POWER

WE HOPE THIS SPECIAL ISSUE OF LADIES' HOME JOURNAL HAS BEEN INSPIRING. THE STRENGTH THAT WE AS WOMEN HAVE TO MAKE OUR LIVES THE BEST THEY CAN BE IS TRULY BOUNDLESS. BUT JUST IN CASE YOU'RE LOOKING FOR SOME MORE WAYS TO MAKE AN IMPACT, HERE'S A NIFTY FIFTY



■ **REGISTER AND VOTE** It's the best way to make a real difference in the life of your community or country. ■ **BE ACTIVE IN YOUR CHILD'S SCHOOL** Attend meetings, take on a project. You'll get to know the people your kids spend their days with—and your children will know you care. ■ **STAND UP TO YOUR DOCTOR** Remember *you're* paying for his or her services, so don't leave the office until you've gotten satisfactory answers to all your questions. ■ **START RECYCLING** It doesn't matter whether it's the law in your town or not, *you* can teach your family the importance of recycling. If there's no facility nearby, work on getting one established. ■ **DON'T GO ALONG TO GET ALONG** The next time someone tells a lewd, sexist or racist story that offends you, say so. ■ **GIVE YOUR CHILDREN THE POWER OF KNOWLEDGE** Read to them, take them to the library, get them cards and encourage them to check out books regularly. ■ **INDULGE YOURSELF** Give in to a big slice of cake when you really crave it, or take a vacation day off work just to sleep all morning. If you always deny yourself simple pleasures, you may fall into a rut. ■ **REMEMBER THAT BEING OLDER MEANS BEING WISER** You can choose to grow in wisdom. (It's never too late to learn!) Take a class in a subject that was once a favorite or one you've always wanted to learn about. ■ **BE A VOLUNTEER** Choose your area of expertise (or simply an area of interest) and lend a hand whenever you can. You'll not only be helping others who truly need you, you'll feel good about yourself. ■ **SPEAK UP** The next time you attend a meeting, voice your opinion about a subject that bothers you—even if you are the sole dissenter. ■ **HOLD YOUR OWN WITH SALESPEOPLE** Don't let someone behind a cosmetics counter insist that you'd look *so much better* with a new cache of beauty products. Most salespeople are out for the sell, *not* your best interests. ■ **MAKE A WILL** Don't think of it as something only older people must do—there's really no *right* age to draw one up. You don't want someone else to decide what to do with your property. ■ **BONE UP ON YOUR FAMILY'S FINANCES** If your husband has always been the one involved in choosing investments or buying CDs (or even simply paying the bills), now's the time to make it a team effort. ■ **EXPRESS YOURSELF WITH CONFIDENCE** Don't end all your comments with questions—this will only make you look weak and indecisive. ■ **SHOW OFF YOUR**

(continued)

■ **EXPAND YOUR IDEA OF FUN On your next vacation, try something you've always dreamed about doing, like scuba diving or dancing cheek-to-cheek all night long**



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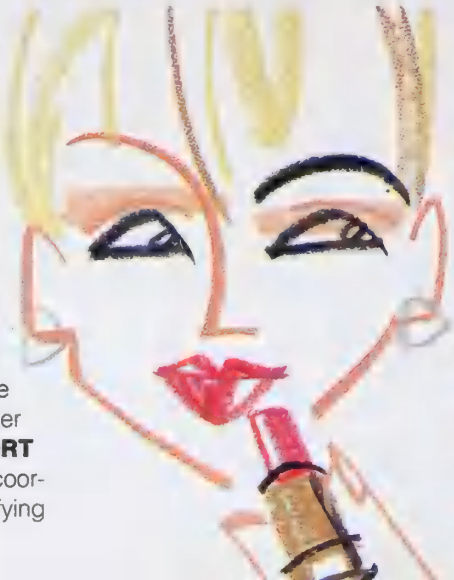
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■ LEARN TO SURVIVE EATING IN A RESTAURANT ALONE Have lunch or dinner solo on your next business trip or shopping excursion (you may just surprise yourself and enjoy it!)

(continued) **HUMOROUS SIDE** Tell a good joke (everyone can learn how) so people don't think you're all-business, all the time. ■ **GIVE A SPEECH** If you have an opportunity to speak in front of a large audience, go for it. Public speaking will force you to be clear, concise and inspiring—qualities everyone needs to get ahead. ■ **GET IN SHAPE** Join a gym, do exercise videotapes—whatever motivates you. Promise yourself you'll work out three times a week, and stick to it. ■ **FIND OUT WHAT YOU'RE WORTH** Investigate the salaries of people who have the same job as you do. If you think you're underpaid, negotiate a raise. ■ **COOK A FAVORITE DISH FROM SCRATCH** Got a craving for hot, home-baked bread or your grandmother's famous stew? Get cooking, even if you're the only one in the house who's going to eat it. ■ **PLAN SOME ENCHANTED EVENING THAT *YOU'LL* LOVE** Is your idea of heaven a night of dinner, theater, a moonlight walk? Make the arrangements and don't tell your man any details—just have him save the date. ■ **TAKE PRIDE IN YOUR NEIGHBORHOOD** If you've noticed the need for a better traffic light at your corner or more swings in the park, write a letter to the editor of your local paper and start a petition drive. ■ **TAKE UP A SPORT** Challenge yourself with an activity that requires coordination and practice. There's nothing more satisfying than pushing yourself to be really good at something and flaunting your newfound skills. ■ **LET YOUR CHILDREN BE THEMSELVES** Is your daughter an incurable tomboy? Encourage her to play ball with the boys (even if you secretly wish she'd take ballet classes). When you allow your children to participate in the activities *they* like, their self-confidence will just grow and grow. ■ **BE AMBITIOUS AT WORK** Are you ready to move full speed ahead? Letting your boss know your career goals is the first step toward achieving them. ■ **TRUST YOUR ENTHUSIASM** Just heard a new record album or read a new book that you think is fabulous? Spread the word! Your friends and colleagues will appreciate the tip and treat you like an authority on the subject. ■ **TAME YOUR TEMPER** Blowing up at someone *doesn't* make you a stronger person—controlling yourself does. The next time you're tempted to lose your cool, take a deep breath and remain calm while voicing your feelings—you'll be much more effective. ■ **ACCEPT YOUR PARENTS FOR WHO THEY ARE** When we were children, most of us regarded our parents as all-knowing adults that could do nothing wrong. As teenagers we thought they could do nothing right. But now that *we're* adults, it's time to face the fact that our parents are people, too, who deserve to be accepted for who they are, not who you always thought they should be. ■ **NEVER SAY "I CAN'T DO IT"** If someone asks you (or dares you) to try something, give it a whirl. If other people believe in your ability, the least you can do is challenge yourself. ■ **RESPECT YOUR SEXUALITY** We are *all* sexual beings who have the right to enjoy sex. If you're not satisfied with your lovelife lately, find ways to make it better. ■ **BE OPTIMISTIC** The best way to have a shot at succeeding at everything you do and to get the most out of people who work with you is to keep your spirits up. ■ **GUARD YOUR PRIVACY** We all need time alone more often than we think. Set aside an hour or two every week just for you to write letters, take a nap, do whatever is most relaxing. ■ **BE A GOOD FRIEND** Don't get angry because one friend is *(continued)*



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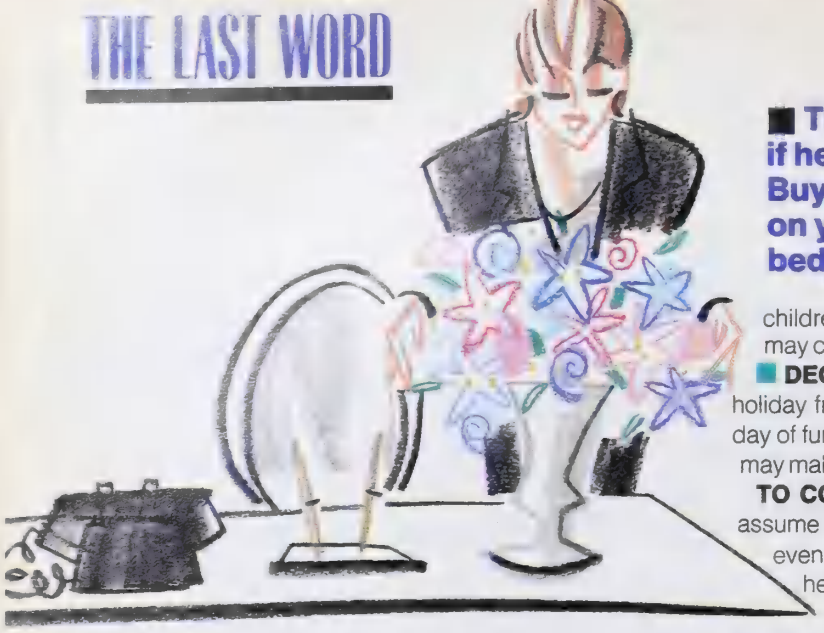
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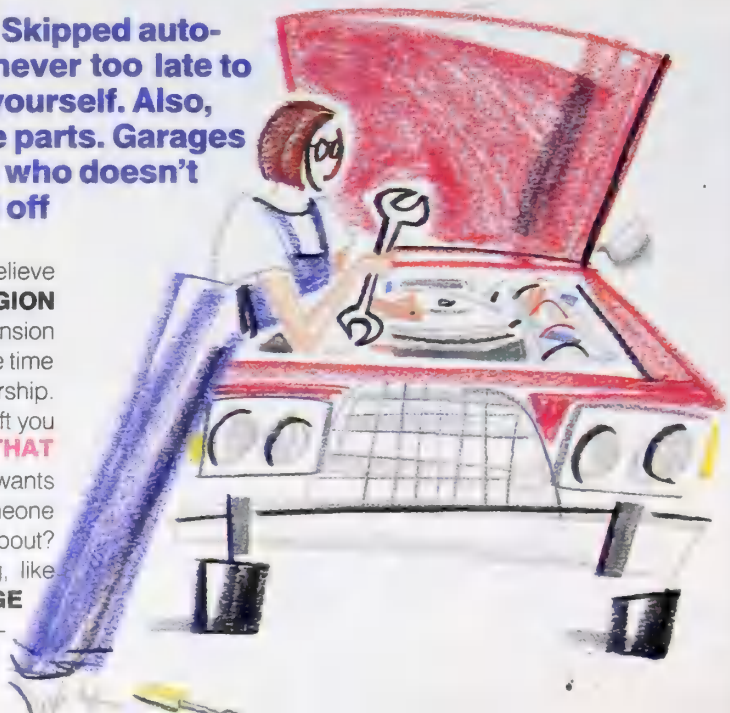


■ TREAT YOURSELF Who cares if he didn't send you flowers? Buy a bunch yourself, put them on your desk (or next to your bed) for days of sweet cheer

(continued) always anxious and another is often unhappy. Be a caring, cheerful listener and hope some of your qualities rub off. ■ **TAKE A CHANCE WITH YOUR CAREER** Always wanted to start your own business? Go for it! Millions of women have had great success—but you'll never know until you try. ■ **CONFRONT YOUR FEARS** There's nothing wrong with being afraid to do certain things you've never done before (like driving in a big city) or avoiding onetime bad experiences (such as going to a party by yourself), but if you don't get over these fears, they will paralyze you forever. If you can't face your fears alone, find an expert to help you. ■ **DON'T TAKE RESPONSIBILITY FOR *EVERYTHING* THAT GOES WRONG AT HOME** If your husband isn't helping out enough with the kids, don't bear the brunt alone (even if you think you can handle it all). Talk it out with him and decide on solutions *together*. ■ **PRACTICE WHAT YOU PREACH** Sure, it's an old saying, but it still stands as the best way to make sure your kids know who you are and what you believe in. ■ **DON'T DENY THE REWARDS RELIGION CAN OFFER** Most people need a spiritual dimension in their lives. If you know you do, be sure to make time for religion at home and at your house of worship. Prayers and inspiring sermons may be just the lift you and your family need. ■ **BE CONFIDENT THAT YOU'RE INTERESTING** Not everyone can or wants to be the life of the party, but you can be someone everyone loves to talk to. Have nothing to talk about? Find a way to make yourself more interesting, like taking up a hobby. ■ **DON'T OVERINDULGE YOUR KIDS** When your child asks for his twentieth Nintendo cartridge, just say no. Once your children realize how to manipulate you, there may come a day when they won't listen to you at all. ■ **DECLARE A DAY OF FAMILY FUN** Take a holiday from all the rules (except safety) and have a day of fun with the kids: it will help you *all* unwind and may make you even closer. ■ **TEACH YOUR SONS TO COOK AND CLEAN** Even today, most men assume these tasks will be done for them (and even though they might grudgingly agree to help out, they do a halfhearted job at best). So start them on the right track early—they'll make better husbands and owe it all to you! ■ **BECOME TECHNO-SAVVY** Learn to program the VCR and hook up the stereo—just read the instructions and be patient. After all, if the kids can do it . . . ■ **DON'T GET STUCK IN A DEAD-END JOB** Sure, it's easier to stay in a position that you've had forever, but if you're going nowhere, it's time to dust off your resumé and move on. You'd be amazed how many opportunities will be available to you. ■ **DON'T LET OTHERS MAKE TOO MANY DEMANDS ON YOU** It's one thing to be accommodating whenever you can, quite another to be the one *everybody* counts on *all* the time. You'll get to the point where you'll feel guilty when you can't help out, and you may end up neglecting your own needs. ■ **BE WELL INFORMED** Read at least one newspaper a day, watch the TV news—and keep up with *LHJ*!

Bulk reprints of "50 ways to use your power" are available for community-group meetings, women's clubs, classes. For more information, turn to page 286.

■ GET YOUR MOTOR RUNNING Skipped auto-repair class in high school? It's never too late to learn to fix minor car problems yourself. Also, find out the going rate to replace parts. Garages can take advantage of someone who doesn't know when she's getting ripped off



December

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Journal

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PLUS INTERVIEWS WITH
TED DANSON, STEVE GUTTENBERG
AND THEIR ADORABLE LITTLE LADY

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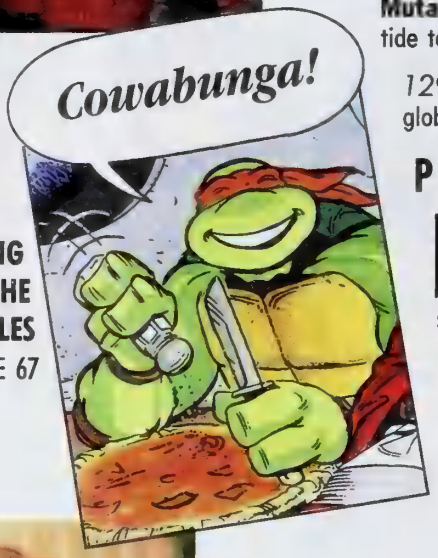


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LADIES' HOME Journal
VOL. CVII NO. 12 DECEMBER 1990



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162 • **Christmas means cookies** . . . and we've got a cache of easy and elegant sweet treats. *By Jan Turner Hazard*

184 • **Home for the holidays** . . . Everyone knows there's no place like it. Three women share their memories and their recipes for the home cooking of Christmas and Chanukah past.

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Cover: photo of three men and a little lady, Greg Gorman. Insets: cookies, Carin and David Riley; Ninja Turtle, Mirage Studios USA; fashion, Nesti Mendoza. Photos, this page, from top: Jeff McNamara, Mark Thomas.

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(A)	Total number of copies printed (net press run)	5,962,910
(B)	Paid circulation	
	1. Sales through dealers & carriers, street vendors and counter sales	917,362
	2. Mail subscriptions	4,084,264
(C)	Total paid circulation	5,001,626
(D)	Free distribution by mail, carrier or other means: samples, complimentary and other free copies	188,525
(E)	Total distribution (sum of C & D)	5,190,151
(F)	Copies not distributed	
	1. Office use, leftover, unaccounted, spoiled after printing	18,871
	2. Returns from news agents	753,888
(G)	Total (sum of E, F1 and 2—should equal net press run shown in A)	5,962,910

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(A)	Total number of copies printed (net press run)	6,061,875
(B)	Paid circulation	
	1. Sales through dealers & carriers, street vendors and counter sales	925,000
	2. Mail subscriptions	4,114,652
(C)	Total paid circulation	5,039,652
(D)	Free distribution by mail, carrier or other means: samples, complimentary and free copies	329,348
(E)	Total distribution (sum of C & D)	5,369,000
(F)	Copies not distributed	
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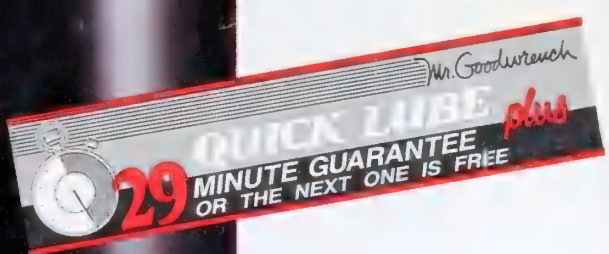
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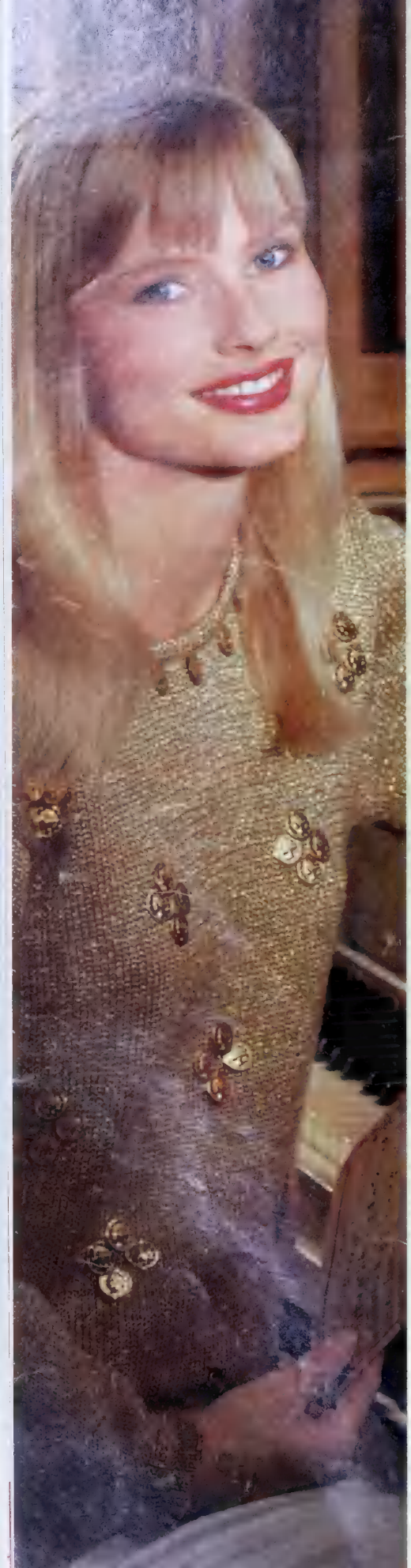


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EDITOR'S JOURNAL



HAPPY HOLIDAYS

By Myrna Blyth

THE LADIES' HOME JOURNAL STAFF DECIDED TO CELEBRATE OUR CHRISTMAS ISSUE WITH THE FAMILY PHOTO BELOW. A FEW EDITORS WERE OUT ON PHOTO SHOOTS OR ON VACATION, BUT MOST OF US WERE AROUND TO WEAR RED OR GREEN AND MAKE MERRY FOR THE CAMERA.



We know you'll enjoy our December issue, and we enjoyed working on it as well. What I especially like in this month's issue, besides the super cookies, the terrific low-cost, high-style fashions, the exclusive Christmas tale starring the Teenage Mutant Ninja Turtles and the inspiring message from President Bush, are the sweet stories about real people. I loved three cooks' remembrances and recipes of very different holiday feasts in our "Home for the holidays" cookbook (page 184). I enjoyed sharing a charming New England Christmas with three Mystic, Connecticut, families. And I can't forget the gripping tales of two couples determined to adopt and love very special babies (page 132). I hope you'll enjoy these stories, too. And if you want to share your enjoyment of *Ladies' Home Journal* with a friend or relative, it isn't too late to give the gift of an *LHJ* subscription. To order, just call our toll-free number (800-247-8080). It's $12.97 for the first gift subscription and just $9.98 for each additional gift order. Each gift subscription is accompanied by a card from you with a note from me welcoming another new subscriber to *LHJ*. Your recipient will know before Christmas about your thoughtful gift. All the staff joins me in wishing you and your family a happy, healthful holiday and a happy new year!

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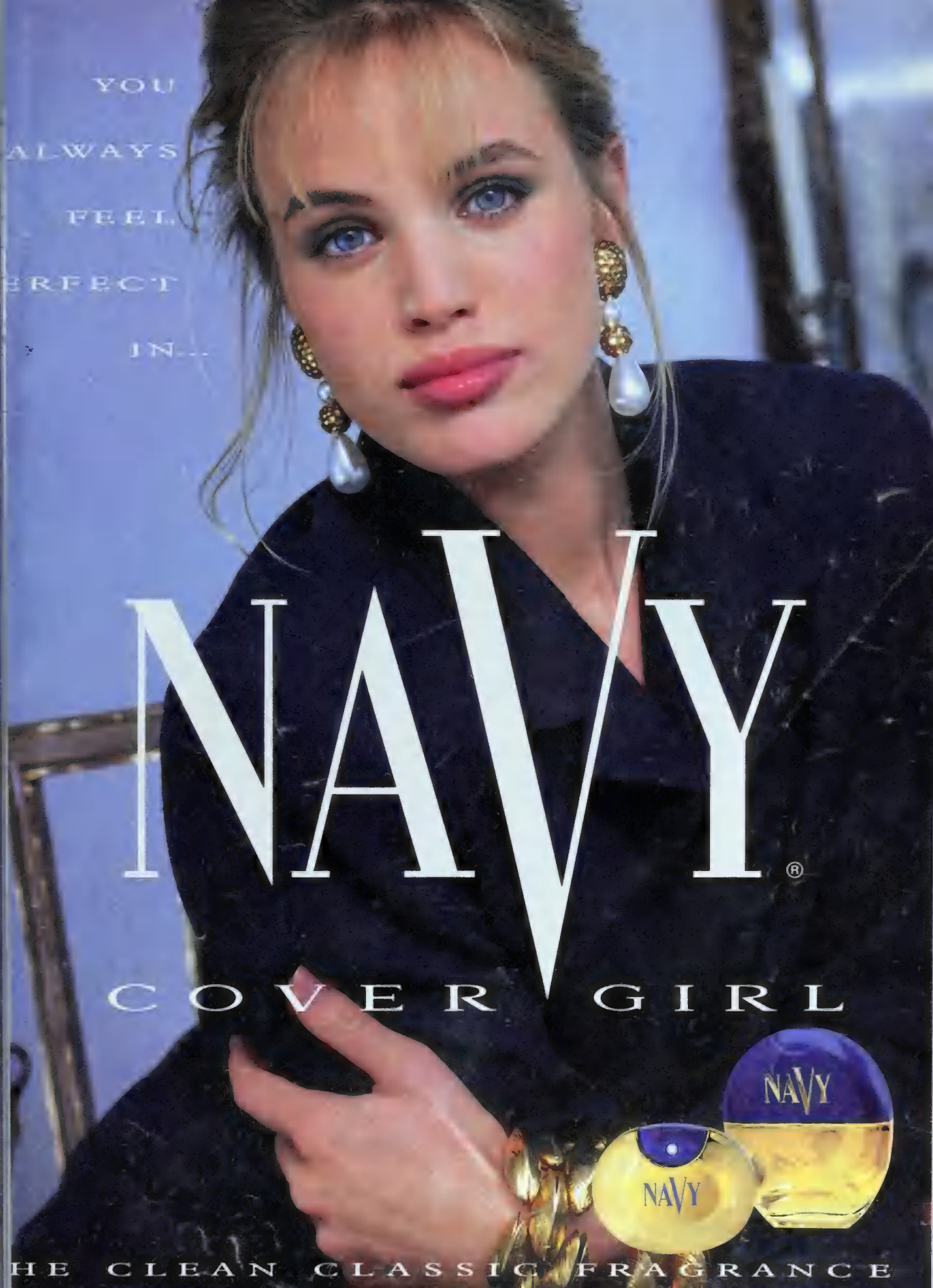
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CAN THIS MARRIAGE BE SAVED?

"I CAN NEVER MAKE HIM HAPPY"

Kristin and Eddie had a whirlwind European romance and, against her parents' protests, decided to get married. But when the stardust finally settled, the reality of their daily life fell far short of their dreams.

By Margery D. Rosen



KRISTIN'S TURN "I'm at my wit's end," said Kristin, twenty-six, a fragile-looking blond whose eyes flooded with tears as she spoke. "I love Eddie, and I'm trying so hard to help him, but all he does is criticize. We've barely been married two years and look at us.

"I know Eddie's upset about a lot of things, but instead of talking, all he does is pace up and down the living room smoking cigarettes. Then, out of the blue, he'll blow up; he has such a terrible temper, it scares me. Eddie has plenty of chauvinistic attitudes—he's from Argentina, and I suppose there's a lot of the macho man in him. But I didn't realize how difficult it would be to make this marriage work.

"I met Eddie when I was in Madrid the summer after I graduated from college. I didn't have the slightest idea what I wanted to do with my life—I'd won a scholarship to a prestigious university, where I had majored in psychology and minored in art. But what was I going to do with that? Mother wanted me to enroll in Katharine Gibbs to learn typing and shorthand so I'd be prepared for a real job. She was furious when I didn't go.

"But that was typical of Mother. She's been telling me what to do and where to go my whole life. I always felt I could never talk back to her or rebel the way my younger sister Cathy did. Even my father, who was a doctor, never stood up to Mother.

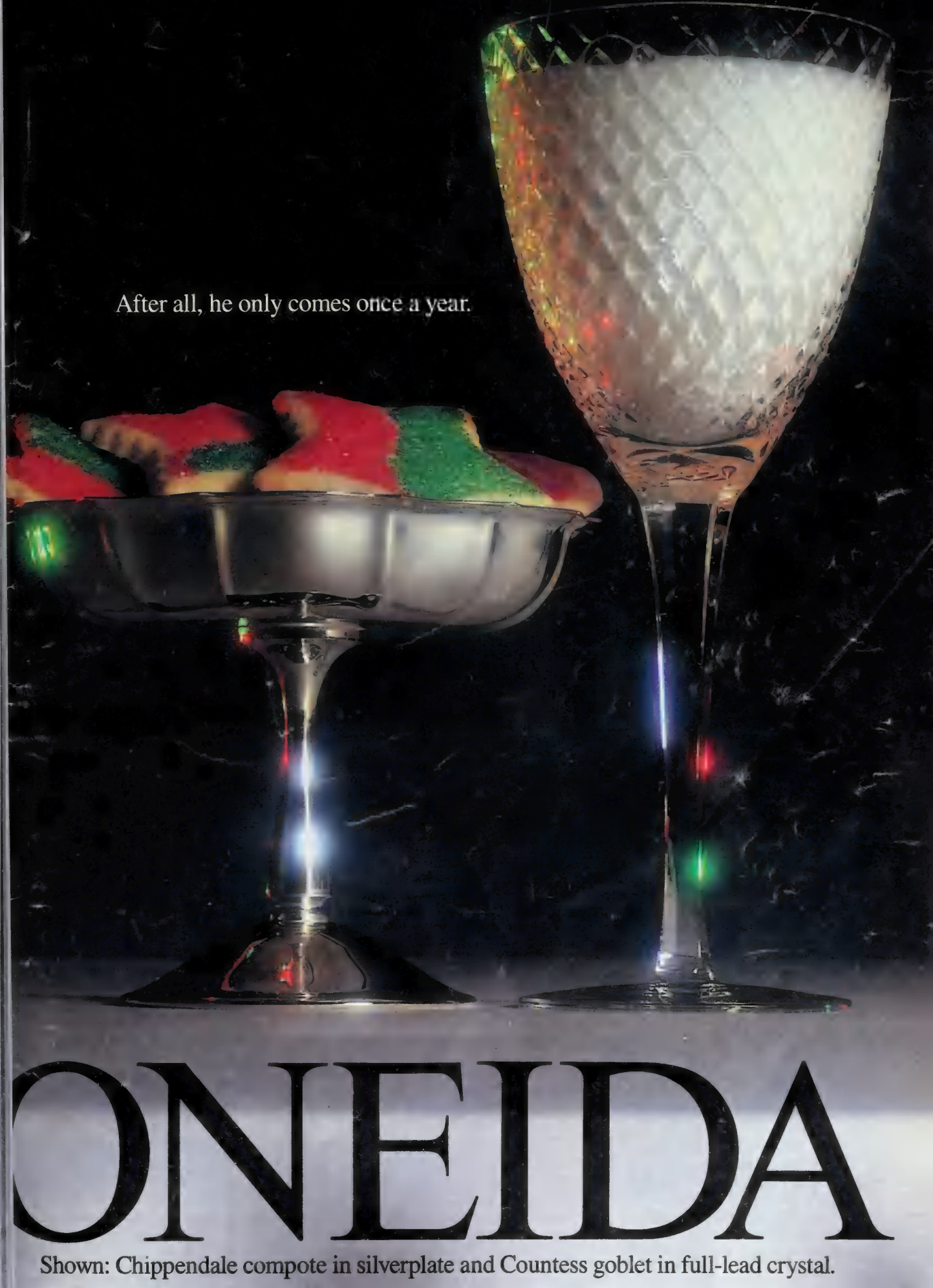
"Of course I could never talk to her about problems either. If I ever did tell her that something was upsetting me, she wouldn't just listen and sympathize. She'd either say, 'I told you so,' or else have some suggestion of how I could change to make the situation different.

"Anyway, since my parents had offered to give me a trip to Europe as a graduation present, I decided to enroll in a two-month program at the University of Madrid to study art. Eddie was working as a tour guide for a sight-seeing group, and I fell in love with him the moment I saw him. I didn't think he'd noticed me, but when we ran into each other in my hotel lobby that night, well, we clicked.

"I knew I didn't want to get too involved. After all, I was only there for the summer. Also, at the time, Eddie could barely speak English. He'd left Argentina when he was eighteen, leaving his family behind, and had been bumming around Europe for three years when I met him.

"Too soon, the summer was over, my plane ticket was about to expire and I didn't know what to do. Miserable, I went home. That was the worst period of my life. I was back in my parents' house, I had no job and I was desperately in love with this man I knew my parents would find totally inappropriate—everyone in my family is a doctor or a lawyer. How could I marry a tour guide? *(continued)*

Introduced thirty-seven years ago, CAN THIS MARRIAGE BE SAVED? is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews and information from the files of Arden Greenspan-Goldberg, M.S.W., a psychologist in private practice in Pomona, New York, and in New York City. The story told here is true, though names and other details have been changed to conceal identities. CAN THIS MARRIAGE BE SAVED? is a registered trademark of Meredith Corporation.



Shown: Chippendale compote in silverplate and Countess goblet in full-lead crystal.



CAN THIS MARRIAGE
continued

"Eddie missed me, too, and after many letters and phone calls, we decided he'd come to the States to see if it would work. The problem was, how could he come to this country legally? There were only three options: One was for him to apply for a tourist visa, but that would mean he couldn't work—and he needed money. The second option was a student visa, but Eddie hated school and the whole idea was anathema to him. Third, we could get married.

"I know it sounds impulsive, but we both just knew we were meant to be together. Of course, Mother was enraged. Eddie made this impassioned plea over the phone to my parents—he told them he loved me very much and didn't want a penny from them. Besides, his parents were fairly well-off. His determination softened them, and my parents were actually terrific about helping us find an immigration lawyer to work out the details.

"So Eddie came over with two suitcases to his name, and we had a small wedding in the judge's chambers. But since then, nothing has worked out.

"Eddie did find a part-time job pretty quickly as a translator for an import company, but he's miserable. There's no opportunity for growth unless he gets a college degree. I found an entry-level secretarial job in a personnel agency, but I absolutely hate it. We make enough to live on, but my boss is an ogre. He thinks nothing of giving me a twenty-page report to type at five minutes to five. And I sit and do it.

"So I'm stressed at work, and then the minute I get home, Eddie and I start fighting—about stupid things mostly. He hasn't made one effort to either find a new job or start classes somewhere. I call all the colleges around for brochures and applications, but there's always a reason that he won't fill them out. I clip want ads from the newspaper for jobs. He never follows through. I never hear a word of thanks either. What I hear is criticism. When I iron his shirts, if every wrinkle is not out, he complains. If the house isn't spotless, he complains. But does he lift a finger to help, even though he's home more than I am? I do everything, and I'm exhausted!

"I don't want to sound unsympathetic; I know it's been difficult for him. But it's been two years now, and I feel like I'm giving, giving, giving. I did everything I could to make the transition as easy as possible. I took him shopping for clothes. I showed him where everything in the neighborh was. I even went to the dry clea with him; I was afraid he wo have trouble explaining how he wa ed his suit altered.

"I've also introduced him to friends, but he never tries to get know them. My college roommate vited us to a party last Christmas, Eddie was rude to everyone.

"Even the presents I buy for aren't good enough. Eddie can be v particular about his clothes, an splurged on this expensive desig shirt for Christmas—he was livid t it was the wrong color. I burst i tears. I haven't the foggiest idea to please him.

"Then, as if Eddie didn't h enough pain, his father committed cide six months ago. He was si eight and very sick, and he j stepped out of a window of their ap ment building. Eddie was in d shock for a long time. I don't kno he's gotten over that. We both flew Argentina for the funeral; he's c vinced his mother to come live h but he's still in shock about his fat

"And yet, despite all our proble Eddie wants to have kids! I s 'We're fighting all the time—and want to have children?'

"I don't get it. I love this man, maybe getting married was just a f ish romantic thing that works in movies but doesn't work in real life

EDDIE'S TURN "Kristin thinks s there for me, but she's not. She's th *with* me, if you see what I mean," s Eddie, twenty-six, a handsome, imp cably dressed man. "She goes eve where with me. She's always tell me what to do, who to call, how to She treats me like a baby. I resent She's just like her mother.

"I'm sorry. I don't mean to sou ungrateful. Kristin's parents h been wonderful to me. They make feel like a real son, not a son-in-l But her mother can smother you.

"I feel very lonely and lost so times. I have no friends here, no fa ily except them. And my father's de has been a terrible blow—I did know that he was ill. I don't w to talk about it. Some days I feel l I'm going to explode.

"It doesn't help that my wife is ways bugging me to go to school s can get a good job. I suppose s right, but as a child, I always ha school and did terribly. Back home— Kristin told you, I grew up in Arge na—my parents insisted I go to pa chial school. It was so rigid. I wa real cutup and got kicked out of a number of schools.

"My mother and father *(continu*

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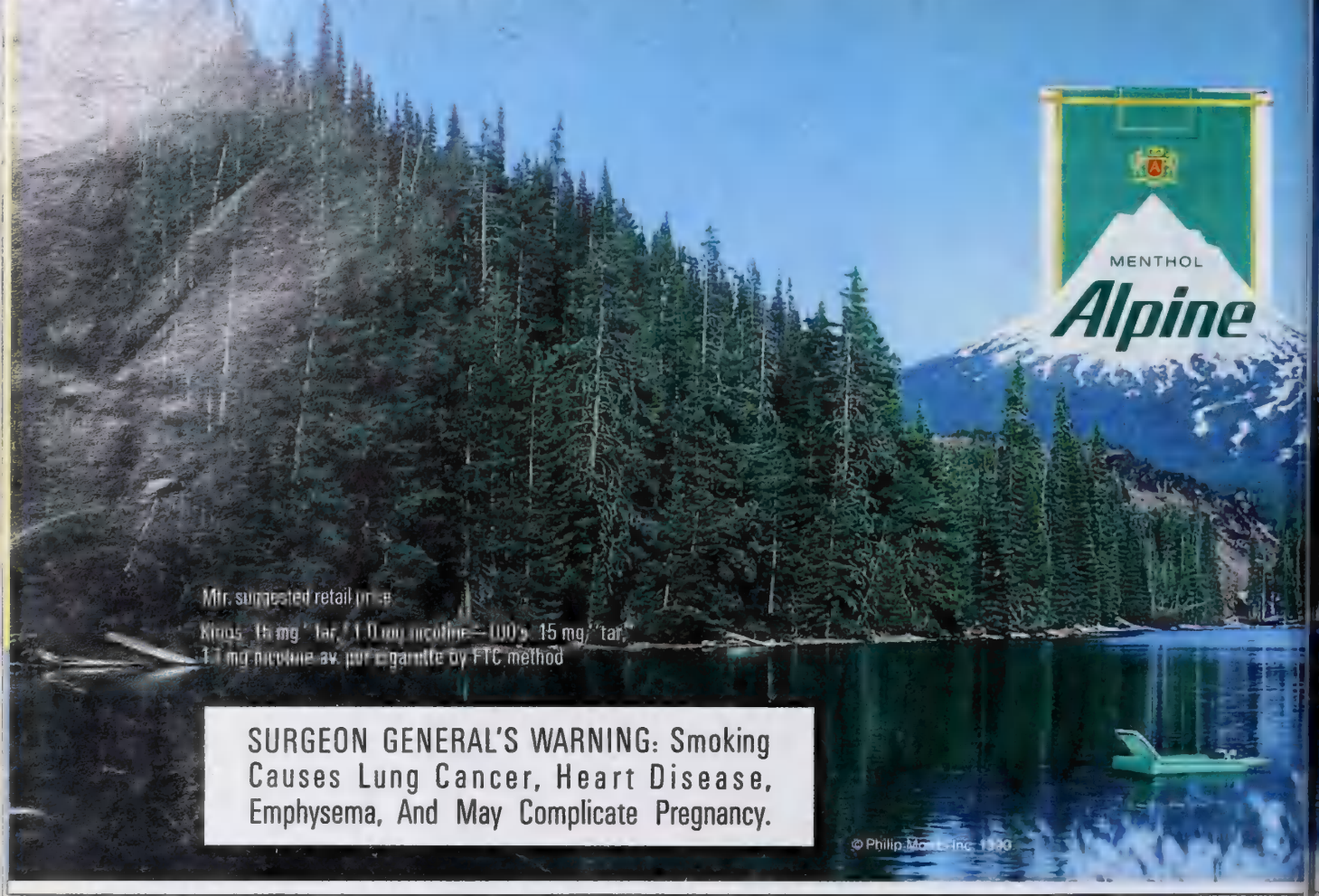


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CAN THIS MARRIAGE
continued

were much older than my friends' parents—there had been another child, a brother, who died in infancy before I was born. I don't believe my parents ever recovered from his death. And I think I had a sense that I could never make up for their loss. I was never close to either of my parents; I certainly would never talk to them about problems, like we're doing here now. My father owned a chain of department stores, so I guess you could say we were middle- to upper-middle class.

"I was a chubby child, not very athletic, and I never had many friends.The other children used to pick on me a lot, so I stayed by myself a good deal. But at home I was king: My mother and grandmother doted on me.

"By the time I was eighteen, I knew I didn't want to stay in my country any longer. Between the economic situation and the political situation, living there was becoming intolerable. I quit school and went to live with my mother's sister in Spain. It was very hard to leave, but I had to go.

"When I met Kristin, I was working in Madrid as a tour guide. My first thought was, she's very cute, with a special twinkle in her eye, but she's probably just another rich American. I flirted with her, like I did with all the American girls.

"But like she told you, we met again that night, and that's when I learned she would be in Madrid for the summer. So we started seeing each other, and soon I knew I was really falling in love—for the first time in my life. Kristin is so smart, so interested in music and art, which are my loves as well. She gives people the benefit of the doubt. I wish I could be more like that. And she makes me laugh. Even now, when we're not going at each other, we do have fun.

"When it was time for her to leave, I was torn. I didn't want to come to the States. I liked my life. But her family was here, and I loved her. We both felt strongly that we'd be together for the rest of our lives. But it's been harder to adjust than I ever imagined. I'd never been to the States before, and coming here was a total culture shock. One day I'm happy, one day I'm depressed. I'm working part-time as a translator, but they don't use me very much. And all of the good jobs are going to the college graduates.

"I know Kristin is worried about finances and about me, too, but every day she comes home from work and as soon as she walks in the door, if she sees me lying on the couch listening music, she goes nuts. 'Why aren't y calling so-and-so?' It's getting on r nerves. I don't like being told what do all the time. Maybe if she'd back a bit, I'd do it. Who knows.

"But she's right about one thing-don't want to have anything to do wi some of her friends. A few are ve nice, but Kristin is friendly with so women who are snobs. Fancy peo with fancy cars. They're all very su cessful in their jobs, and they make r feel inadequate. I'm not interested.

"Perhaps I should help with t housework. Fine, I'll do my shirts—s doesn't do them right anyway. But don't need her help as much as s thinks. She makes me feel like a je tagging along everywhere I go.

"But the funny thing is, I do lo her, and I want to have childre That's very important to me, especi ly now that my father is gone. I wa my family to continue. I didn't want come here. But maybe if we can ma our relationship better, she will wa children, too."

THE COUNSELOR'S TURN "T was a classic case of young roma blinding the eye to the realities married life," said the counselor. "E you don't have to be as young as Ki



REFRESH FOR LESS

and Eddie or from a foreign coun- to fall victim to the same problems y did. Many people fall in love and rry before they know each other ll enough to deal with the practical blems of daily life.

When this couple first came to see , Kristin talked nonstop and Eddie ked, refusing to discuss what was hering him; instead, he'd withdraw long periods of time and then ex- de with a rage that terrified his e and reminded her of how power- s she'd always felt with her mother. ough on one level he appreciated fact that Kristin tried to help him, also rebelled against it. His image himself as a man who could solve own problems was at stake.

Still, I could tell that this couple ed each other. They were physically y affectionate and were truly moti- ed to improve their marriage. But ore they could do that, they each ded to understand themselves.

Kristin was very bright but also y anxious and confused. As a child, 'd been closest to her father, a soft- ken man who tended to keep his ings and thoughts to himself and passively obeyed his domineering e. Her mother was emotionally dis- t, opinionated and pushy. Kristin w up to be a good soldier, ready to please and accommodate her mother.

"It is very common for people to re- play childhood conflicts in their mar- riage in an effort to resolve them, and this is precisely what was happening to Kristin and Eddie. For example, as far as Kristin's mother was concerned, there were no boundaries she did not feel entitled to cross, and she tried con- stantly to control the details of her daughter's life. When I pointed this out, Kristin agreed. We were able to talk about how she was treating Eddie much the same way. 'By trying to make so many of his decisions for him, you're infantilizing him,' I explained.

"This infuriated the macho Eddie— even though that was exactly how his mother and grandmother had treated him. Eddie's greatest stumbling block was his deep-seated insecurity and lack of self-esteem. As a child, he'd been humiliated by friends, and his mother pampered him so much that he never developed a sense of confidence that he could do anything for himself. Also, the fact that he had never com- pleted his education weighed heavily on him, and this inadequacy was com- pounded when he married into a fam- ily of lawyers and doctors. Since he found it hard to meet people in a new country, he felt disconnected and immediately blamed his wife for any- thing that went wrong, large or small.

"Eddie's father's suicide would have been devastating no matter when it had happened, but the fact that it oc- curred at a time in Eddie's life when he was feeling particularly vulnerable left him reeling. He was overcome with grief but was unable to cry and mourn for his father. I met with him for several individual sessions to help him work through his anger at his fa- ther for dying and leaving him, and his sadness at not saying good-bye.

"Initially, I wanted to help Kristin feel better about herself so she would have the inner strength to deal with her problems. First, she had to learn to tune out her mother. I explained that her mother was probably never going to change, but Kristin was a grown woman who could think for herself.

"Kristin also learned to be more as- sertive at work. She learned to tell her boss that she couldn't finish a lengthy report by five-thirty if he gave it to her too late in the day, but she'd complete it the following morning.

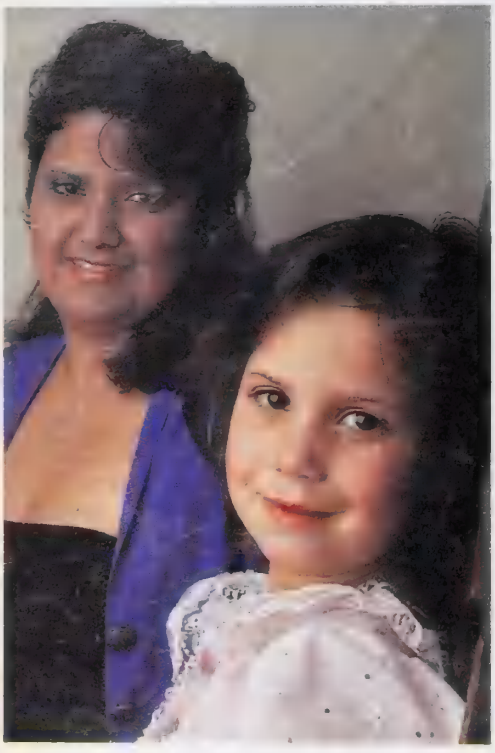
"I also wanted Kristin to learn to handle Eddie's periods of anger. Un- derstanding where the anger came from was part of it. Also, I advised her to listen to him talk without jumping in with a solution. 'Remember how you felt when *(continued on page 206)*

A WOMAN TODAY

"OUR MOST PRECIOUS GIFT"

When my little girl was accidentally shot by a neighbor's child in November, doctors told me she might not live to see another Christmas. But we kept hoping and praying for a holiday miracle.

By Bertha Burns



As a divorced mother, I always try hard to make the holidays special for my daughters, and Thanksgiving Day 1988 was no exception. I had invited a few of my cousins and girlfriends to share a turkey feast at our home in Chula Vista, California, and we were all in a jubilant mood.

My girls, Cheryl, then five, and Mary Ann, nearly three, had danced in and out of the kitchen all afternoon, and I had my hands full trying to keep Mary Ann away from the pies cooling on the table. But even as I scolded, I didn't really mind her antics.

When Cheryl and Mary Ann asked if they could play with the children of our neighbors, the Molinas, in their yard, I thought it would be a good way for them to run off their energy before dinner. I didn't know the parents all that well—I only spoke to Mrs. Molina when we waited for the school bus together—but the three youngest of their five children were my daughters' friends.

I watched from the kitchen window as Cheryl and Mary Ann skipped across the alley that separated the neighbors' yard from my ground-floor apartment, then I began peeling potatoes at the sink. The running water muffled the sounds outside, but I figured nothing would happen in such a short time.

Tragically, I was wrong. Not ten minutes later, Cheryl burst through the kitchen door, shrieking, her face white. "What is it? What's happened?" I cried. Her hysterical words tumbled over each other, but I heard the word "gun," and my heart slammed into my chest.

Terrified, I rushed outside. The Molinas' five-year-old daughter, America, was in the yard, her eyes wide with horror as she stared at Mary Ann, who lay motionless on the ground. I saw a gun nearby. This child has killed my baby, I thought.

I collapsed to my knees and instinctively cradled Mary Ann. Blood was spilling from a wound in the back of her head. Amazingly, she was still conscious, and she moaned, "It hurts, Mommy. It hurts." I felt dizzy and weak with panic, but I knew I had to be calm for her sake.

Neighbors hurried out of their houses to see what had happened, but not one of them offered to help me.

I told my cousin Rubén to drive us to the hospital; I couldn't wait for an ambulance when my daughter was dying, and we lived near Scripps Memorial Hospital. I was so frantic, I didn't stop to consider whether this might injure her further.

When we reached the emergency room, attendants whisked Mary Ann away. After a few minutes that seemed like an eternity, a doctor came out and told me that Mary Ann was being airlifted fifteen miles to the trauma center at Children's Hospital in San Diego.

Rubén drove me home so I could change my blood-stained clothes and make overnight baby-sitting arrangements for Cheryl before I left for the hospital. By this time, the news had spread: Media vans and police cars crowded the street around my building, and reporters barked questions at me as I opened the car door. All I could say was that I didn't know much about Mary Ann's condition.

I noticed that Cheryl was in the Molinas' backyard being questioned by detectives. She was very

(continued)

The Purex Wash Cycle.

The Oxford Cloth Shirt
circa 1952
Came in a wide variety of colors including white, white and white.



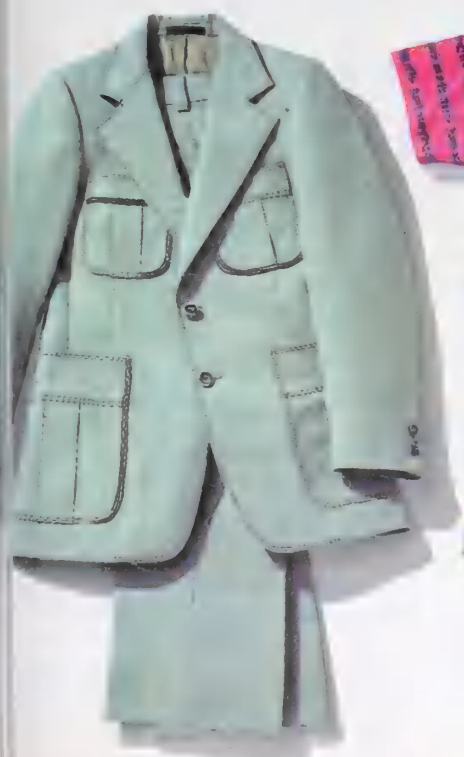
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A WOMAN TODAY
continued

frightened, but she stayed calm enough to remember the details of the accident. She said that six-year-old Debora Molina had found a loaded .38-caliber handgun inside the house and had taken it outside. The curious children gathered around; Debora then went inside again, leaving the gun on the ground. America picked it up and accidentally squeezed the trigger. Cheryl tried to run away with Mary Ann, but her sister stumbled and collapsed backward on the grass.

I asked one of my friends to call my ex-husband, Jim; I knew he would want to be by Mary Ann's side. By the time we arrived at the hospital, several agonizing hours had passed since we had left my baby.

An expert in critical care explained Mary Ann's condition. Since the doctors had been unable, while I was en route to the hospital, to get my permission to perform surgery, they had obtained a court order so they could operate as quickly as possible.

The bullet had shattered into five pieces. One fragment had penetrated the sagittal sinus, a large vein in the brain, and that alone might have been fatal. Although the doctors had been able to repair the injuries and remove the largest fragments, they'd had to cut away some brain tissue that had been badly mutilated. In addition, one piece had lodged so deeply that they dared not remove it for fear of causing brain damage or killing Mary Ann; however, they agreed that leaving the tiny piece of metal would probably not prove harmful.

"She's a strong girl, and that helps," said the doctor, "but she is in critical condition. At this point, chances are she has suffered serious brain damage—how bad, we can't yet predict." Even if she survived, I learned, Mary Ann could suffer strokes, seizures, paralysis, blindness, motor and speech problems, or retardation. "One thing is certain," he said. "She will never be the same child again."

Dazed, I sat in the intensive-care waiting room. All evening I had tried to be brave, but now everything hit me at once. I started crying and couldn't stop. My teeth were chattering and I shivered with cold, even after one of my friends wrapped a few blankets around me. I felt alone and scared, and kept praying that God would help me face whatever lay ahead.

When I was finally taken to Mary Ann's room, I wasn't prepared to see her hooked up to so many tubes and wires. Her brain was swollen, and the doctors had put her into a drug-induced coma, using barbiturates, keep it from swelling still further a thereby risking brain damage death. I ached to hold her, but I cou only touch her hand and cry.

Jim arrived around midnight, face etched with concern. It was t ture for him to see his baby injure He was furious with the Molinas; I w angry, too, but I believed that if could forgive our neighbors, God wou be willing to save our child.

And God answered with a mirac After seventy-two hours, Mary An doctors told us they thought she wou live. Her brain had not become infe ed, and the swelling had begun to minish. We were so thankful! Still, t doctors cautioned us that her chanc for a full recovery remained uncerta

After that first night, I took shi with Jim; he stayed with Mary Ann night and I visited every day. Che begged to come with me, but I worri about her reaction to seeing her sis so badly hurt, so at first I refused.

When I asked the nurses about they explained to me that seeing a si sibling can be reassuring to a ch who may fear the worst. And Che did seem to feel better after she s Mary Ann and stroked her arm. Fr then on, I took her with me regular reading to her and playing games keep her from being envious of the tention Mary Ann was getting.

After the initial crisis had pass doctors began decreasing the dose barbiturates in order to lighten t coma. The Sunday after the accide Jim had gone out for a soda and I h just left her room when a nurse ca running after me. "Mary An awake!" she called.

"Mommy," she had cried weak Mary Ann was unconscious aga when I rushed back into the room, h I felt a rush of happiness as I told h how much I loved her.

A few days later, the doctors wi drew the coma-inducing drugs al gether. Mary Ann was now fully c scious. However, they warned me n to get my hopes too high. The bul had penetrated the left half of h brain—the side that controls the rig side of the body—so her right side w partially paralyzed; she also had sion, speech and memory problems.

But my plucky little daughter str gled to get well. Just eight days af the shooting, she was sitting up in h eating, playing with her toys and t ing to pull her IV tubes out. Her phy cians said she was now ready for ph ical and occupational therapy to rec er the skills she had lost.

Mary Ann had to relearn how stand, walk and climb. Her exercises such as popping bubbles and prop

g a duck-shaped toy with her feet—re often fun. The therapists' biggest allenge was encouraging her to use r right hand and arm, which still d no sensation; she stubbornly pre-red to depend on her left instead.

The therapy paid off. Just two and a lf weeks after Mary Ann was shot, e could walk and run, stand on one t for ten seconds, and climb stairs th minimal assistance. Even her tors were astounded at the speed of r recovery. Her neurologist, Joseph heller, M.D., predicted that with fur-er therapy, within a year she would k and act just like any other child.

On December 12, eighteen days af- the accident, Mary Ann left the spital, clutching a lollipop in her left nd, as news cameras flashed all ound her. There were lingering ns of trauma: Her partially shaved ad was scarred, she still couldn't use r right arm and hand well, and she d some speech and peripheral vision blems. But for a girl who almost d, that seemed a small price to pay.

By this time, police had arrested omas and Irma Molina. Though the oting had been ruled an accident, y were charged with and convicted felony child endangerment and ed $300. Mr. Molina was also rged with possession of a handgun h an altered serial number; that rge was dropped. They both served rief jail sentence, then were sen-ced to six years' probation. Their ldren were placed with relatives.

The Molinas visited me for the first e a few weeks after Mary Ann ne home from the hospital. They itated, ill at ease. Finally, Mr. Mo-a held out a doll and murmured, e've lost our children, but we're sor-your little girl is hurt. We hope 'll accept this doll for her." I did.

God had healed my child, and it was time to forgive and go on. It sn't always easy, however. After returned home, Mary Ann started ing nightmares and would wake up ng in the middle of the night. All I ld do was hold her in my arms and her that everything was all right. er several months, the dreams be-ne less frequent.

I worried about how the accident ld affect Cheryl, and her pediatri-a and I watched her closely from start for signs of trauma. But she never shown any indication of be-troubled by the tragedy she wit-sed. She only mentions the incident sked specific questions about it, and s told me that she doesn't blame self for what happened.

In January 1989, Mary Ann began cial classes for preschoolers with guage disorders. A speech and language specialist helps her with grammar and vocabulary in addition to regular preschool courses, and she has improved greatly.

She also continued occupational therapy, and slowly began to use her right arm and hand again. About six months after the shooting, I was thrilled to see her using her right hand to twist the knob on the front door.

At her next examination, Dr. Scheller confirmed that Mary Ann could now use both hands. The weakness in her right hand was so minimal that only a trained eye could detect it, and she no longer needed therapy. Her lost peripheral vision corrected itself last summer.

"Part of the miracle," Dr. Scheller told me, "is that the bullet just missed the brain stem, which controls the basic functions of the body. Prompt and skilled medical attention played an important role, too, but only a miracle can account for her astounding and speedy recovery."

Today Mary Ann, her dark hair completely covering her scars, skips and twirls around, rides her bike and runs pell-mell across the lawn. Though she may experience minor learning disabilities when she enters grade school, we'll handle that when the time comes. So far, my lucky little girl is doing fine, and I see only happiness ahead for her.

There is a saying in Spanish: "*No hay mal que por un bien no venga*"—there is no bad without some good coming of it. I would never want to go through such a tragedy again; yet my life has been enriched because of it.

One example of this was the first Christmas after the accident. I was looking forward to it; we had so much to celebrate. But I worried that my budget wouldn't allow for many gifts—certainly not the bicycles both girls wanted. My heart ached at the thought of disappointing them.

But heaven sent another miracle to us. People who had read Mary Ann's story in the local newspapers were so touched that they showered us with cards, money and presents for both Mary Ann and Cheryl—including shiny new bikes. On Christmas Day, Mary Ann's brown eyes sparkled as she hugged her bike and squealed, "Oh, thank you! Thank you to all the peoples!" As I watched her, I couldn't help thinking of that first Christmas long ago, when kind strangers offered gifts of love to another child.

I took Mary Ann to church that Christmas. I wanted to thank God for His miracle—for saving my baby's life. This Christmas, as I did last year, I will thank God for His second miracle—giving me back my little girl. ■

When I heard about
my friend's gum problems,
I made myself this promise.



Her experience got me flossing every day. Flossing is one of the best ways to remove the plaque between teeth and help prevent gum disease.

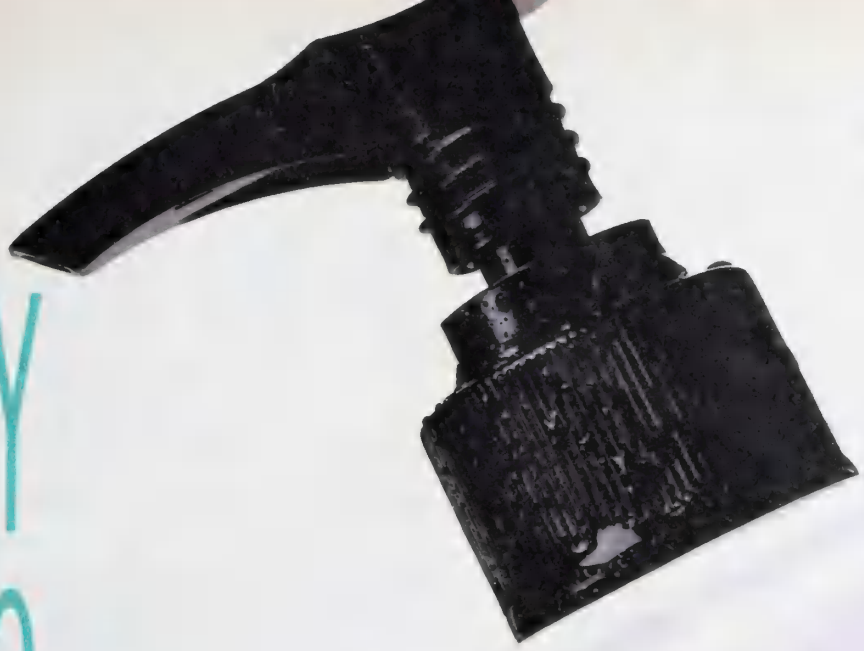
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It's time to celebrate: A host of delightful stocking stuffers ■ Our four-step plan for a perfect party look ■ A guide to gorgeous holiday nails

TREATS FOR THE STAR IN YOUR LIFE

THREE SUPER-HOT MOVIES WERE OUR INSPIRATION FOR A CACHE OF CHRISTMAS PRESENTS



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NAVY COLOGNE
A spirited floral-oriental fragrance. By Cover Girl, 1.5 oz., $16





MILK BATH
A skin-soothing powder that's out of this world; made from milk protein, oat flower and avocado oil. By The Body Shop, 7 oz., $5



RIGAUD PARIS CANDLE
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BEAUTY & FASHION JOURNAL



IN *PRETTY WOMAN*, RICHARD GERE AND JULIA ROBERTS LIVE A CHAMPAGNE-AND-CAVIAR LIFE. THESE GIFTS HELP YOU SHARE THE FANTASY



SEX APPEAL FOR MEN

A set of after-shave and cologne for a man who intends to be rich and famous. By Jovan for Quintessence, 1 oz. each; set, $9.95



DRAKKAR NOIR

An aristocratic blend of citrus, herbs and woodsy scents puts this after-shave in a class all by itself. By Cosmair, 1.7 oz., $18.50



FIRST GEL PARFUMANT

A bubble bath is an indulgent luxury when you use this classic floral blend. By Van Cleef & Arpels, $35



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The ever-elegant Brits know no one can resist the classic scent of rose. By Yardley of London, $2.95





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The ultimate in good taste, Tiffany eau de toilette is a floral with spicy and fruity accents. 1.7 oz., $45



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PARIS DOUCEUR DE ROSES

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TOP FUEL DRAG CAR RACER



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LORI JOHNS
)ARING WOMAN

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BEAUTY & FASHION JOURNAL



KNOW ANYBODY WHO'D LIKE TO WALK ON THE WILD SIDE LIKE MADONNA AND WARREN BEATTY IN *DICK TRACY*? THEN GIVE THEM A SCENT THAT SUITS THEIR RACY AND DANGEROUS STYLE



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Give him a gift that perfectly suits the strong, silent type. By Prince Matchabelli, 3.4 oz., $14.50



GALE HAYMAN
A seductive scent, fit for a temptress. By Gale Hayman/Beverly Hills, .25 oz., $85



BILL BLASS COLOGNE
For a woman of many moods, a trio of scents—Basic Black, Nude and Hot. 1.7 oz. each, $35 each



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A floral-oriental Perfumed Bath Gelee, eau de Parfum Spray and Perfumed Lotion that'll leave you Breathless. By Quintessence, $22



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A sensual scent for an unpredictable woman. By Georges Marciano, 1.7 oz., $35



If you're trying to make healthier choices, you want your multivitamin to be as natural as it can be. Chances are, it isn't.

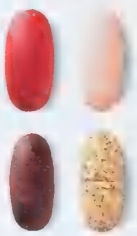
That is why Nature Made®, makers of more than 120 vitamin and mineral supplements, now offers a new multivitamin, multimineral formula. Introducing Essential Balance®.

It's more natural because, like all our supplements, it doesn't contain a single artificial color,

FINALLY, THERE'S A COMPLETE, MORE NATURAL MULTIVITAMIN.

flavor or preservative. It's made to a higher standard of quality than the U.S. government requires. It contains the same vitamins and minerals found in nature.

And it's complete. Each high-potency tablet contains 30 vitamins and minerals, including Beta Carotene and 100% natural Vitamin E. It also has Vitamin C with rose hips.



Can you tell which one is the Essential Balance Multivitamin just by looking? Clue: Ours isn't coated with artificial color.

In fact, it has 50% more Vitamin C than the leading brand.

So, when you decide to supplement your diet with a multivitamin, shouldn't you be taking the most natural one you can find?

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4 WAYS TO LOOK PARTY-PERFECT

YOU HAVE TO LOOK YOUR BEST, BUT HOLIDAY STRESS CAN WREAK HAVOC WITH YOUR SKIN AND HAIR. HERE, NO-FAIL IDEAS TO GET YOU SET FOR A SUPER FETE

GET POLISHED

Fight winter dryness and repair chapped lips, hands and elbows instantly by coating each area thickly with a rich emollient. Treat lips to a generous coating of Max Factor Pure Magic Restorative Lip Care or Lancôme Nutrix Lip Balm. Hands, too, are on full view at a party, so make yours soft and touchable by smoothing on a restorative cream like Elizabeth Arden Eight Hour Cream.

LIGHTEN UP

Add luster and warmth to dull winter hair with an at-home highlighting kit. Try L'Oréal Brush-On Soft Color Highlights—great for enriching brunets, perking up drab blonds and adding gleam to fading redheads. Another great way to keep skin glowing? Wear pearls! Count on double or triple strands of jumbo fakes and a pair of gumball-size studs or gold-framed buttons for instant radiance. Names to look for: Trifari, Kenneth Jay Lane, Les Bernard, Monet, Agatha.

TRY A SLEEKER LOOK

A perfectly smooth bob is a sixties-nineties combination that's the ultimate way to look special—especially if you usually wear your hair tousled. To get it straight: Blow-dry with a large round brush (works with rollers, too, of course) and finish by brushing from the nape to keep the look a bit loose. Try a shine-boosting product like Clairol Condition Finishing Shine to play up curves. Have long hair? Why not pull it back with a glittery gold scarf for an extra-festive touch?

CALM PRE-PARTY JITTERS

Slip into a fragrant tub to soothe body and mind. Our faves: Neutrogena Rainbath Shower and Bath Gel and 273 Exceptional Body Shower Gel by Fred Hayman Beverly Hills. Use a sea sponge, bath mitt



or body brush to smooth away dry, flaky skin, especially on legs and arms (you want to be see-worthy in bare tops and short skirts). After bath, moisturize with a scented body cream that will give your fragrance a long-lasting base to cling to. Two to try: Revlon Xi'a Xi'ang Tea Silk Body Cream and Ralph Lauren Safari Climate Response Body Creme. ▶


It's one thing
you don't have to
worry about.

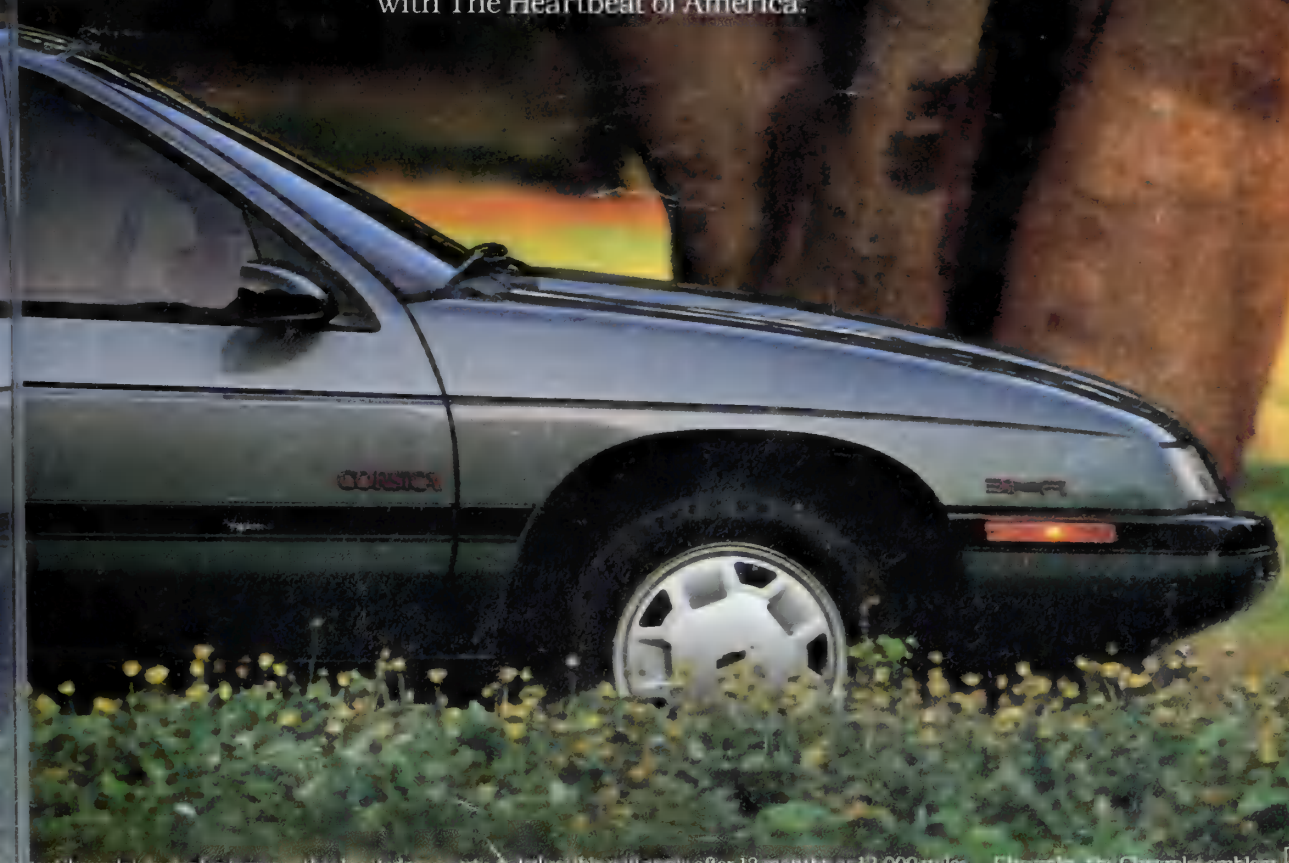


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GM



A HANDS-ON GUIDE TO GREAT NAILS

IT'S GREAT TO HAVE GORGEOUS NAILS ALL YEAR LONG, BUT IT'S ESPECIALLY IMPORTANT DURING THE BIGGEST PARTY SEASON OF THE YEAR. NEED TO WHIP YOURS INTO SHAPE FAST? WE'VE GOT INSTANT HELP: A SLEW OF EXPERT SOLUTIONS TO COMMON PROBLEMS AND AN EASY AT-HOME MANICURE SO YOU'LL HAVE LOOK-TWICE NAILS IN TIME FOR THE HOLIDAYS



6 TIPS FOR LONGER, STRONGER NAILS

■ Get a professional manicure. Your hands will look so much better with **well-groomed** nails that you'll be inspired to grow them. Then get or give yourself a manicure once a week. ■ A **strengthening base coat** is essential for growth. The best are Cover Girl's Ten Terrific Nails Nail Strengthener and Revlon's Firma Nail Extra Strength Base. ■ Spending just five to ten minutes a day on **nail maintenance** makes all the difference. Reseal nails daily with a layer of top coat. Before bed, massage each cuticle for fifteen seconds with petroleum jelly. This ritual revs up circulation, which helps speed growth. ■ **Shape** weak nails very gingerly with a gentle emery board or buffing disk. Try Revlon's Gentle Nail Smoothers and Cutex Satin Smooth Nail Buffer Discs. ■ Never use your nails as tools. Pencil-dial the phone (push-button phones, too!); use a letter opener for the mail. ■ It's essential to wear **gloves** for all housework. Rubber gloves that are lined with cotton are best. Tip: Before doing the dishes, slather hands with a thick layer of hand cream (try Max Factor Age Shield Moisture Treatment for Hands), then put on gloves. The heat from the water will help the cream to penetrate your skin. ▶

All photos, Richard Pierce. Hand model, top, Jackie Rivers, Ford. Manicurist, Roseann Singleton for Pipino-Buccheri. Polish, Maybelline Long Wearing Nail Color in Red Alert. Hand model, bottom, Lisa Kenny, Ford. Manicurist, Catherine Fretta. Polish, Nouvage Pink Lunaire by Quintessence.

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A BEAUTY TREAT FOR YOUNGER-LOOKING HANDS

It's no use having knockout nails if your hands are red and rough. Here's a smoothing move: Wash hands with a granular scrub, or apply a facial masque. Rinse thoroughly. Coat hands with a rich cream (we like Almay Intensive Moisture Mask for Hands and Neutrogena Norwegian Formula Hand Cream). Heat up a small amount of paraffin wax—available in supermarkets and hardware stores—in a double boiler. Stir wax until it liquefies. Remove paraffin from heat. When wax is cool enough (test on heel of hand), apply a thick coating over cream or oil on backs of hands (including nails and cuticles). When wax hardens, flake it off and discard. Splash hands with cool water and rinse.

THE TOP NAIL PROBLEMS SOLVED!

■ SPLITTING, BREAKING

CAUSES Dryness, incorrect filing, aging.

QUICK FIX To repair a broken nail: Remove polish. Put a dab of nail glue on an orange stick and apply to broken edges (avoid contact with skin). Press glued nail parts together and hold a few seconds. Let dry ten seconds; add another dab of glue. File off excess glue and smooth with buffing disk. Polish. Look for Sally Hansen Quick Bonding Nail Glue or Kristy Wells Krazy Nails Glue. For a minor split, try a liquid fiber wrap. We like Revlon's Liquid Nail Wrap.

LASTING FIX Protect patched breaks with artificial nail tips applied at a salon or at home. Revlon's Active, Natural or Glamour Length Nails are good do-it-yourself kits. You can also have split nails silk-wrapped at a salon to further strengthen them (about five dollars per nail). With patience and practice, you can do a home wrap yourself: First do the quick fix above. Then spread nail glue evenly with an orange stick from corner to corner, about a third of the way down nail. Before glue dries completely, apply a small piece of nail paper (a tea bag or coffee filter also works) to nail. Allow material to extend a bit past nail tip but not under tip. Hold wrap securely in place, and apply more glue to top of wrap to completely saturate it. Let dry so wrap hardens. File excess wrap from edges. Smooth nail with buffing disk.



■ PEELING, FLAKING

CAUSES Nutritional deficiency, frequent swimming in chlorinated or salt water, extreme dryness, too frequent use of acetone-based polish remover.

QUICK FIX Buff nails smooth and apply a nail strengthener such as Max Factor's Nail Thick or Revlon's Double Action.

LASTING FIX Keep enamel on at all times until strength is restored; file nails only when polish is on. Use a nonacetone polish remover such as Avon Nail Advantage gentle nail enamel remover.

■ RIDGES

CAUSES Nail injury, dryness. Horizontal ridges are usually caused by illness; vertical ones are hereditary and a result of aging.

QUICK FIX Apply a ridge-filling base coat. Try Ultima II Smoothing Base Coat or Cutex Nail Primer Ridge-filling Base-coat.

LASTING FIX Buff nails often to smooth the surface (every three days, thirty buffs per nail). Also, moisturize nails daily to prevent dryness with Revlon Neat-Touch Nail Conditioner, Clarion Nail Resilience Cream or Clinique Nail Treatment Cream. Max Factor Pumice Cream Hand and Nail Refinishing Treatment helps to smooth ridges.

■ DISCOLORATION

CAUSES Chemicals, smoking, aging, constant use of dark polish without a base coat.

QUICK FIX Wrap a piece of cotton puff around an orange stick; dip in hydrogen peroxide and apply over entire nail and under tip.

LASTING FIX Prevent staining with two layers of base coat. Best bets: Cover Girl Ten Terrific Nails Instant Base Coat and Clarion Resilient Base Coat. Take a break from polish every two weeks. Note: Thin, fast-drying polishes are more apt to stain nails than thicker formulas. ▶

Hand model, Jackie Rivers, Ford. Manicurist, Roseann Singleton for Pipino-Buccheri. Polish, Cover Girl NailSlicks in Misty Mauve. In hand, Maybelline Revitalizing Color in Soft Suede; Cutex Strong Nail Nail Strengthener in Barely There; Max Factor Diamond Hard Formula Creme Enamel in Blush.



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Norelco® can shave your grown-up legs baby soft and silky smooth. Without
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THE HAND MODELS' BEST TRICK

Have a minor cut on your hand? Hand models swear by over-the-counter cortisone creams to heal nicks quick!

DO-IT-YOURSELF PRO MANICURE

YOUR NAILS WILL LOOK SALON-PERFECT IF YOU FOLLOW THESE FIVE STEPS EXACTLY. OUR PICK FOR THE PRETTIEST HOLIDAY NAILS? A RACY SHADE OF RED POLISH!

1 ■ **Remove old polish** (Always start with pinky finger of dominant hand—as you should do with all steps of the manicure. This allows freshly polished fingers to stay out of the way.) Soak a cotton ball in remover and press to base of nail. Hold for a few moments, then **wipe firmly to tip of nail**. Roll a bit of cotton onto tip of orange stick to clean up edge of skin and nail.

2 ■ **Shape nails** Use a clipper to shorten nails—clip each side of nail, then clip center. File gently, working from corner to center. **File in one direction**—sawing will weaken nails. Smooth rough edges with a buffing disk.

3 ■ **Condition cuticles** by applying cuticle softener. Then soak hand in a bowl of warm water or warm lotion for five minutes. Gently push back cuticles with the flat end of an **orange stick** wrapped in cotton. Trim hangnails with sterilized cuticle nippers. Follow with an antiseptic—pros use Sea Breeze Spray by Bristol Meyers—to prevent infection.

4 ■ **Massage** Work a generous amount of cream into hands, fingers and cuticles. Rinse hands in warm water, and remove any cream residue. Rewrap tip of orange stick with cotton to clean up any cream around cuticles and nails.

5 ■ **Polish** Set your base coat, enamel and top coat in front of you. Loosen the cap of the top coat so you don't have to struggle with it later. Apply base coat. (Tip: For **maximum strength**, apply one coat from side to side; let dry. Apply second coat from base to tip; let dry.) Shake enamel vigorously. As you remove the brush, wipe upper side of brush against inside neck of bottle to remove excess. Start with little finger of dominant hand and brush on **three strokes**: one up the center and one on each side. As you apply polish, try holding fingertip skin away from nail with your thumb to keep edges clean. Allow enamel to dry for two minutes before applying second coat. Let dry five minutes before applying top coat. To set polish and **speed drying**, plunge nails in ice water, or try Cover Girl Ten Terrific Nails Dry Fast, Max Factor Quick Set Nail Dry or Clarion Conditioning Quick Dry Finish.



TOP-SELLING REDS Curtain Call Red, Red Hot Red, Scarlet by Max Factor; Lacquer Red, Vermilion, Polka-Dot Red by Lancôme; Raven Red, Love That Red, Cherries in the Snow by Revlon; Really Red, Red Abandon, Red Satin By Almay; British Red Coat, Mango Mango, Infrared by L'Oréal; Shimmering Red, Red Hot Red, Red She Said by Cutex; Imperial Red by Quintessence Nouvage; Classic Red and Poppy by Cover Girl

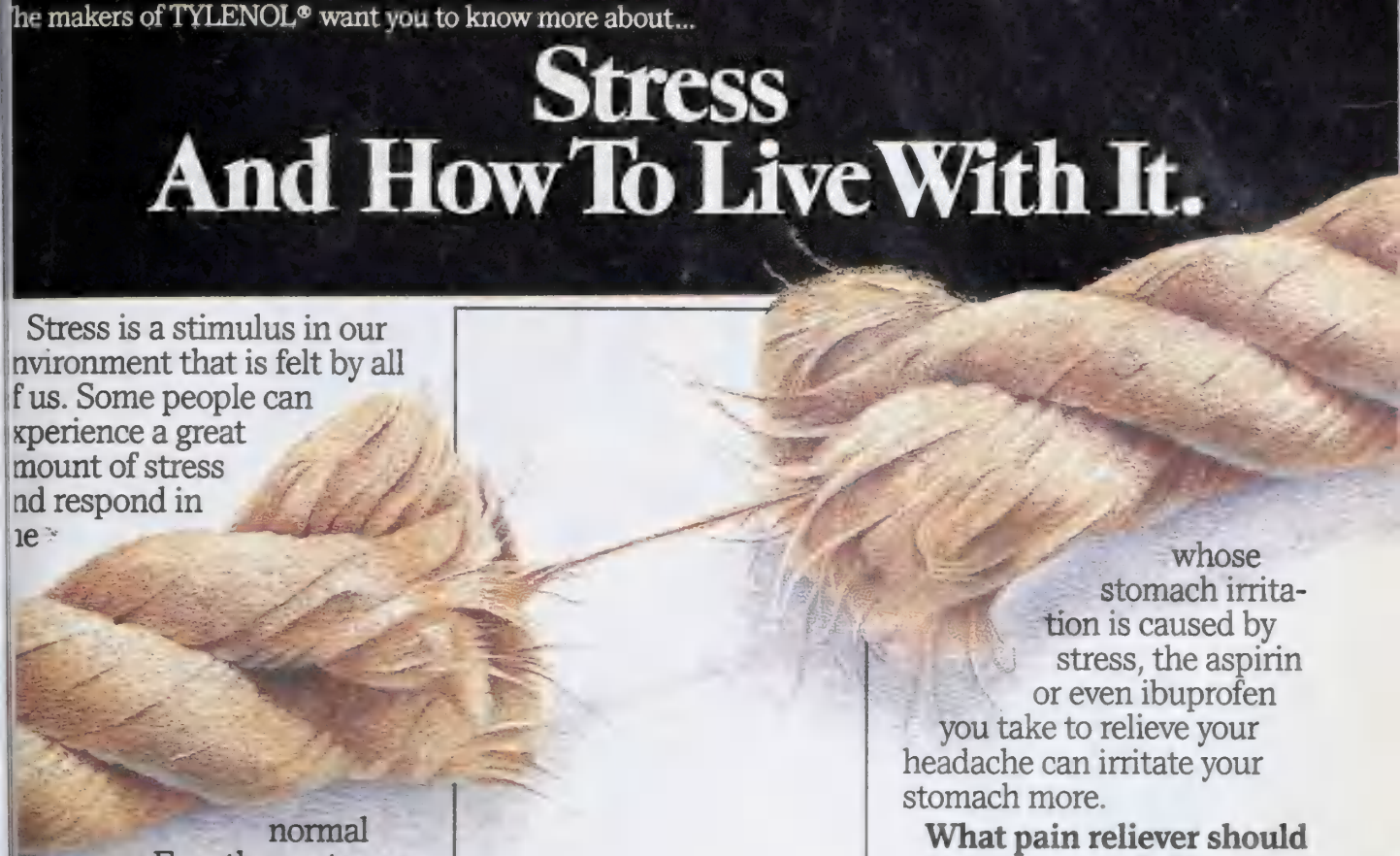
HOLIDAY NAILS NEED RED

WHAT'S YOUR BEST SHADE?

SKIN TONE	*RED ZONE*
Very white with visible blue veins	*blue reds*
Fair, slightly pink	*rosy reds*
Fair with freckles (strawberry blonds, redheads)	*orange-red*
Medium with olive undertones	*clear, true reds*
Tawny to dark	*berry reds, brown-reds*

he makers of TYLENOL® want you to know more about...

Stress And How To Live With It.



Stress is a stimulus in our nvironment that is felt by all f us. Some people can xperience a great mount of stress nd respond in ıe normal way. For others, stress manifests itself in physical ıd emotional ways.

Some stress is good.

Stress can help us deal with eryday life and sudden emer- ncies. It can stimulate us to anage life's problems, and lapt to changing influences. Normal stress can be uated with the normal imuli of life. Without some gree of stress, we might not t up every day and go work.

Excess stress can be a problem.

Almost everyone is faced th an excess of stress at nes. But we can learn to ndle it and make it manage- le. To people less able to deal th a lot of stress, changes n occur in body chemistry ıich can result in head- ıes or stomach irritation.

The problem with some pain relievers.

The headaches that result from stress can usually be relieved with over-the-counter pain relievers. Trouble is, if you're one of those people whose stomach irritation is caused by stress, the aspirin or even ibuprofen you take to relieve your headache can irritate your stomach more.

What pain reliever should you take?

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THREE MEN AND A LITTLE LADY'S HOME JOURNAL

Tom Selleck, Ted Danson and Steve Guttenberg are back, trying again to prove that fathers know best. LHJ caught up with these three not-always-so-wise men to talk about bringing up baby—on-screen and off.

By Jeff Rovin



The combination of three Hollywood heavy hitters plus one winsome infant produced box-office gold back in 1987, when *Three Men and a Baby* became the year's movie hit. But when the producers began talking of a sequel, they weren't sure how to improve on that, well, formula for success.

The first order of business was rounding up the same splendid trio of actors—Tom Selleck, Ted Danson and Steve Guttenberg—who worked so well as the original bachelor dads. This was not easy: The past three years have landed them all new projects, a crusade or two, and even new families. "That's one of the reasons it took us three years to get the sequel going," says Danson, laughing; he, of course, also stars in *Cheers*. "We're all so busy. If there's another film in the series, then we'll have to call it *Three Men and a Bride*."





"If there's another sequel, we'll have to call it *Three Men and a Bride*," says Ted Danson, joking about how long it took to regroup the busy actors

Next came the story problem. As Guttenberg puts it, "No one really wanted to make a film about more diaper jokes." So the writers came up with the perfect solution: Set the film ahead a few years and call it *Three Men and a Little Lady*. Mary, the baby girl who arrived in Part One, is now an adorable five-year-old, still living with her mother and the three guys—until Mom decides to marry and take Mary to England with her.

Emile Ardolino—whose credits include *Dirty Dancing* and *Chances Are*—was brought aboard to direct. "I *(continued)*

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THREE MEN AND A LADY

continued

hesitated at first," he says. "It didn't sound like it would be very original. But then I read the script and I realized that the characters have evolved. It's more of a serial than a sequel—with a much greater emphasis on romance."

Start breaking out the hankies, warns Selleck.

"This movie's going to make people laugh," he says, "but it's also going to touch them. It *is* about an unusual family, but it's a strong and very loving family, too. And that's what matters."

Tom Selleck: The family man

Selleck is late for the interview as he strides into the offices of his TWS Productions on the Universal Studios lot. Antique prints of horses adorn the walls, and a Detroit Tigers baseball cap—the one he wore in *Magnum, P.I.*—is perched on a shelf. The six-foot-four-inch actor apologizes for some last-minute changes in his schedule, then undoes his tie and flops onto a sofa. He seems vaguely uncomfortable when his publicist shows him a new survey that names him one of the most popular male stars in Italy. "That's real flattering," he says, "but I try not to pay attention to polls and things. It's more important to focus on doing good work than being a product."

These days, Selleck is also focusing happily on being a good husband and father. In the three years between the *Three Men* movies, he married actress/dancer Jillie Mack and had a baby daughter, Hannah, now two.

Given these changes, Selleck s that the gap between the films actually welcome. "For one thing, w all older now, which obviously gives a different perspective. And our pers al lives have changed. When we m the first film, Ted was married, I almost married, and Steve was sin Now we're *all* married, and I fel would be fun to see what we did dif ently with the characters. In my c because I have a wife and daughte my own, the prospect of the family be



"If I try to evaluate my appeal, I'm afraid I may become self-conscious and lose it," says Tom Selleck of his long running popularity. "Better to just let it be."

broken up in the film had a diffe kind of resonance and urgency.

"But the biggest thing for me," continues, "was having raised Han a little bit. I saw different ways I c relate to a little girl, and I was re looking forward to using those."

Of the three stars, forty-five-year Selleck is the most like his screen pe na—rugged and effortlessly charm Even without his trademark musta (he's undecided as to whether or he'll grow it back), he's still as g

oking as the model he once was. He's embarrassed by nments about charisma, though—just like the self-effac- Thomas Magnum would have been. "I really don't like to nk about it," Selleck says. "If I try to evaluate my appeal, afraid I may become self-conscious and lose it. Better to t let it be."

Whatever the magic is, it's kept Selleck a star for ten years, ginning with his success in the long-running *Magnum, P.I.* d continuing through his most recent role as a cowboy in e action-adventure *Quigley Down Under*. Despite the fact at most of his ns — including romantic come- *Her Alibi*, the ionage drama *ssiter* and the fu- istic thriller *naway* — have been critical or atrical block- sters, he says y do extremely ll in video, and leck's now in ater demand n ever, commit- to making four vies with Dis- 's Hollywood tures film divi- n.

Does he worry ut stretching professional its too far? "My etite is to do erent things," says. "I kind of to push the es, though I 't want to go and do a movie to prove I can something dif- nt. It's just too -centered a ive.

It has been years since stopped doing *gnum*, and it's gher getting off roller coaster n I thought it ld be," Selleck tinues, his grin ging up those ndary dimples. was always stling with the that it wasn't really a proper set of values to be spending ety percent of my time and energy working or thinking ut work. And though I'm not quite as busy now as I was on *gnum*, I've gotten very heavily involved in developing and lucing projects I'm *not* in [such as the recent Burt Reyn- series *B.L. Stryker*]. That's creative in a different way n acting, and I enjoy it."

Popularity retains its high price, he allows. "My big strug- s still to have enough family time. My family visits when on location, and we vacation together in Hawaii—but I'm finding that I'm *late* for more and more things because I get caught up with whatever's going on at home."

His family interests actually stretch much farther than his own front door. Yes, he's mushy as strained peaches when he talks about Hannah or about the film's Little Lady (played by Robin Weisman), but he's also concerned with the welfare of children nationwide. Prodded by his publicist, he admits that he quietly sends financial support to several underprivileged children in New York City.

"I believe real strongly in putting something back into society," he says, "and I don't think there's anything more important than kids. Back in the fifties, the major problems we had in school were things like talking and chewing gum in class. Now it's pregnancy, drug abuse and assaults on teachers. Something's happened to our society. In our attempt to be fair and more liberal, we've done a lot of harm: We need to strengthen our *entire* education process, not just math and reading, but we also have to instill moral values.

"I try to do that when I talk to kids in schools and through various social programs. I do the same thing my parents did, which is very little of 'do as I say, not as I do.' You have to live what you tell kids. Otherwise, you're a hypocrite and you end up doing more harm than good."

When he's not on the set, working with kids or relaxing at his ranch outside of Los Angeles, Selleck can be seen pursuing his two passions: beach volleyball and baseball. Though he refuses to play against Jillie ("I'm a lot bigger than she is, but Jillie's tougher mentally. I really think she'd psych me out"), he does take batting practice with any pro ball club that will have him, and he'll be living out a fantasy in his next film, *Tokyo Diamond*, in which he stars as an aging major-league player who ends up on a Japanese team.

"I'm going to have a lot of fun with that," he says with a boyish grin. Will Selleck baseball cards join the calendars, posters and other *Magnum, P.I.* merchandise *(continued)*



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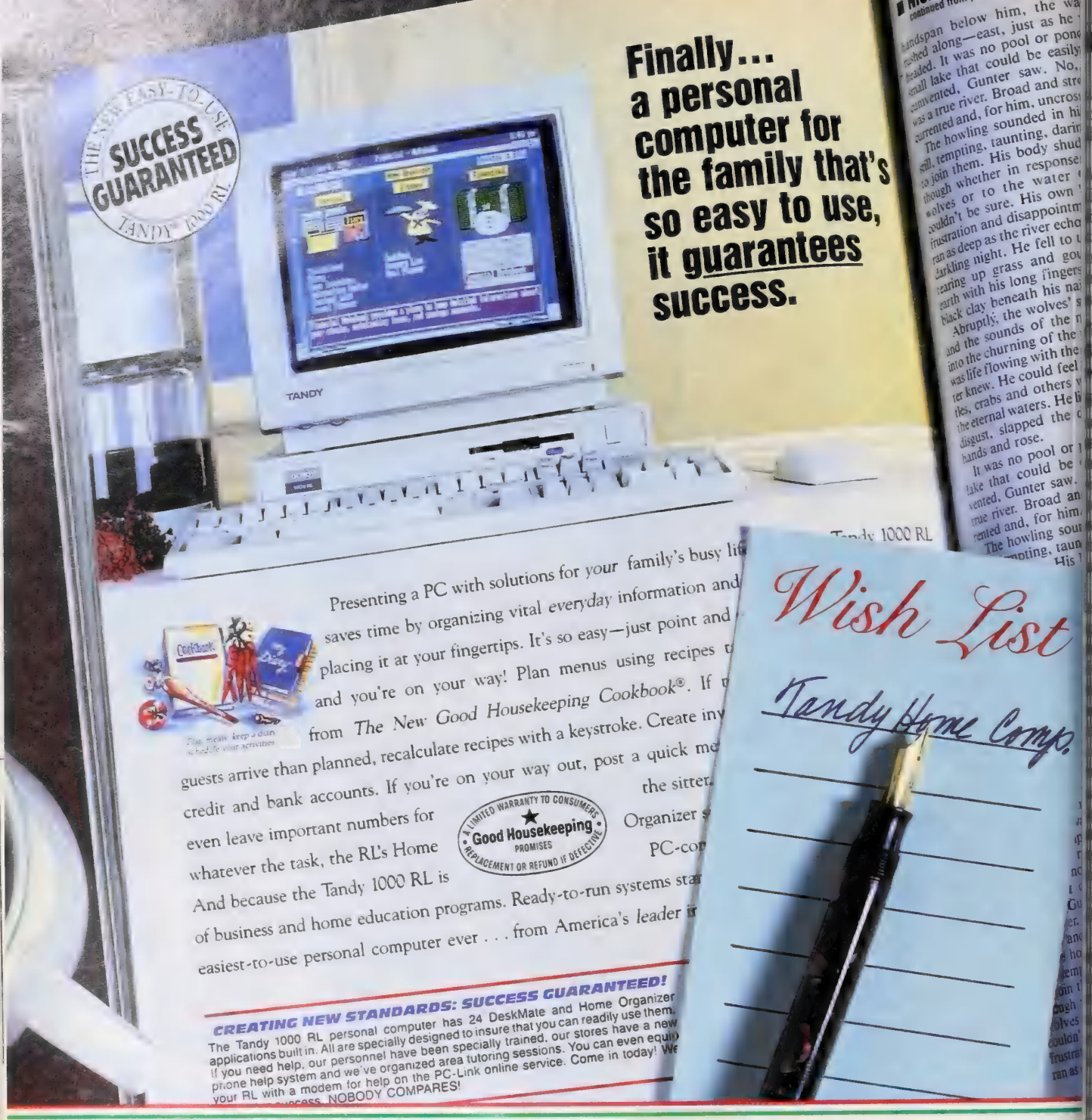
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½ pound freshly cooked, hot spaghetti
3 tablespoons olive oil
1½ pounds boneless, skinless chicken breast cut into 1-inch cubes
3 cloves garlic, minced
½ teaspoon salt
¼ teaspoon pepper
1½ cups low-salt chicken stock
½ cup white wine
4 medium plum tomatoes, peeled, seeded and chopped
½ cup California Raisins
½ cup pistachios
½ cup chopped olives
½ cup minced parsley



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THREE MEN AND A LADY
continued

at now lines store shelves? "I haven't been too anxious sell dolls and things of myself. There's definitely money in at stuff, but there isn't much dignity in it.

'But I'm having a lot of fun with everything I'm doing," lleck says. "I have a good life, and professionally, I'm being owed to push the edges in all directions. I'm learning a lot, I nk I'm getting better, and best of all, I don't know where all going to take ." He smiles adly. "And *that* xciting."

d Danson: ving the eans

ile Tom Selleck ides enthusi- n, Ted Danson liates *exhaus- n*. Sitting down talk early in the ning at his entwood home, s whipped after ong day on the of *Cheers*. He logizes for hav- missed two pre- us interviews, n greets his ily before sit- g down to chat. nson, forty- ee, has been rried to wife Ca- for twelve rs—she's ten rs his senior— is the father of y, eleven, and xis, six.

With his TV w often hitting t place in the ngs during , its ninth sea- (it may or not return for enth), Danson ks on *Cheers* en months a , shoots a mov- luring the off- on and spends much time as ible promoting ironmental es. With all of that, does he ever feel overextended?

Yeah," he says, "at least a couple times an hour. I wasn't sure I'd be able to do *Three Men and a Little Lady*. I only twenty-six days free on my calendar, so I had to get in e, do my scenes and get out. Which is okay: My charac- this flip kind of goof-off. I didn't have the same kind of len the other guys had—especially Tom, who's the ro- tic lead. But I'd be lying if I said all this isn't tiring."

racious and soft-spoken, Danson is a far cry from *Cheers*'s sh Sam Malone. "That's why I really enjoy *Cheers* and films like *Three Men and a Little Lady*," he says. "They give me a chance to be irreverent and a little wacko."

Vicarious living is one reason Danson says it wasn't boring to come back to the same character in this movie. "He has adjusted somewhat. He's still funny and marching to his own drumbeat, unable to commit to anything, but he's much more laid-back. Like all of us, he's got neuroses, but he's very much at ease with them."

What kind of neuroses does Danson himself have? "I don't want to get out that laundry list, but like many actors, I'm insecure and basically shy," says Danson, who, like Selleck, spent over a decade working in relative obscurity before his breakthrough performance as William Hurt's flaky attorney pal in the 1981 thriller *Body Heat*. "My work has helped that. If you pick the right project, you can grow by leaps and bounds. You also benefit from the people you work with. I love the cast and crew of *Cheers*, and I had a ball with Steve and Tom on the *Three Men* films. They're really smart, savvy guys.

"That's why I'm reluctant to give any of it up. I feel like I'm growing in so many right areas in my life that I've really got no complaints."

Well, that's not *entirely* true. Get Danson started on the damage our society is doing to the environment, and he becomes so indignant that you'd think he grew up in Love Canal. The truth is, he says he only became an activist three years ago, when the family went to a local beach and found it closed due to pollution. Like most converts to a cause, he became positively passionate on the subject.

"You *hear* about these things, but when it hits home, you realize you should be *doing* something about them. I knew that as an actor, I could use my celebrity to get access to a microphone or a TV camera. So Casey and I formed the American Oceans Campaign [AOC], which really covers a wide spectrum of issues stemming from among other things, oil. It isn't working anymore. It's not only *(continued)*



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THREE MEN AND A LADY
continued

bad for the environment, but it's a disaster politically—loo at what's happened in Iraq. We've got to use the oil alterna tives that are available to us, or risk fracturing our societ and poisoning our world."

Practicing what she preaches, Casey, an architect, no specializes in designing "environmentally sound" home But Danson says that individual effort and even AOC ca only take us so far: "America is great at being unreasonabl at doing the impossible. We need a leader to set energy an environmental goals for us."

Would he ever consider following in the footsteps of actor turned-politicos Ronald Reagan and Clint Eastwood?

He laughs. "No, I won't be running for office. To do th well is like becoming a priest. You have to give up your li and make compromises. I wouldn't be good at that.

"Besides," he continues, "I really love acting. Acting wi keep me in the public eye, and my activism will give m something useful to say while I'm there. I've really got th best of both worlds."

Steve Guttenberg: The serious funnyman

The youngest of the Three Men, thirty-two-year-old Ste Guttenberg is the only one who's made his name main through screen roles rather than smash TV shows—begi ning with his breakthrough movie, *Diner*, then in films lik *Short Circuit* and this fall's *Don't Tell Her It's Me.* H fiercely defends his series of slapstick *Police Academy* film ("If we ate food the way the critics like their movies, there be no candy or McDonald's").

Steve Guttenberg: "There were a lot of heated moments on the set—not us against each other, but us against the concept. We argued to make it better."

He's best known for his comedic characters—even *Cocoon*, he provided comic relief—but while Guttenberg do possess a wonderfully dry sense of humor, the former Ju liard student and Lee Strasberg alumnus says he's nothi like the wacky Mahoney of *Police Academy*.

"I give this impression that I'm happy-go-lucky, smoo and carefree," he says, digging into his pasta at a qui Pacific Palisades restaurant, "but the industry plays gam with your mind: Your ego and self-esteem can take wild rid up and down in a single day."

Guttenberg says his downs have been easier to take sin he married Denise Bixler two years ago. A former mod Denise is studying to become a gem specialist.

"I'm completely in love with my wife, and it's great to ha a stable home life, especially as an actor. There are a lot competitive, aggressive people in this business, all scar all wanting to be very successful. You have to be able to g away from that stuff, and my wife and I do. We don't go t lot of premieres or do the club scene or go to parties."

What, then, does this quiet guy do for relaxation? His fi answer is unprintable. After *that*, he says, he enjoys eati (though he's remarkably trim), going to sporting events a flying home to Long Island, where he was raised.

"Going back there reaffirms the values I grew up with," says. "It's nice to be able to go out and order a soda and cream instead of mineral water and frozen yogurt, and n have people look at me like I just stepped out of a trash can

Guttenberg's fondness for unpretentious people helps plain why he was looking forward to working on *Little Lac*

"Let me tell you about Tom and Ted," he says. "They

hit TV series, which are seen by more people in one night n all those who saw *Diner* during its entire run. These famous guys with a lot of clout, but it hasn't gone to their ds. They're great gentlemen who really work hard, which important. I've done enough sequels to know that when tell an audience you're coming back, you have a responsiy to give them the same kind of satisfaction they got from original movie, without simply rehashing it.

Frankly, there were a lot of heated moments on the set—us against each other, but us against the concept. If a ation or line of logue didn't one hundred cent true, we ed about it, ar- d about it, ed for a way to e it better. As sult, I think the rie is really d, and I'm ad of what 've done."

espite his ny successes a satisfying ate life, Gutberg says that e's a lot he still ts to do. High he list is having a child, but not l Denise has hed all her ies and he's bed another essional mountain or two.

'm happy with way my career gone," he says. ke that *ecstat*ut I'm greedy. always want e out of myself, of the business in, out of the d I'm in. What nt to do most, is a big action re, something *The Great Es*, a film that e a big impreson me as a kid. t from the fact I'd have a , people don't t that kind of from me. It's rtant to keep surprising audiences, or you risk becoming lavor of the month. I've been acting professionally for een years now, and I want to be able to do it for at least een more."



in Weisman: No bad words

ear-old Robin Weisman admits that there were two gs she didn't like about playing young Mary in *Three Men a Little Lady*.

e first was that she missed her home and "all my Barbie dolls" while she was in Southern California. The second, she whispers, is that "I had to say a bad word in the movie." (It begins with "s.")

Other than that, the charming youngster had a great time making her first motion picture. Prior to *Three Men and a Little Lady*, Robin—who lives with her parents and three-year-old brother Alex in Florida—had been a model in print advertisements and commercials. According to director Emile Ardolino, Robin won the part because "she's a wonderful, *natural* actress. She also knows how to take direction and didn't mind the long hours. She's really the heart of the film, and audiences are going to love her."

"Robin is stupendous," chimes Ted Danson. "She's really down-to-earth and effortlessly carries a lot of the movie." Tom Selleck agrees. "It wasn't difficult at all to hurt at the thought of losing this girl," he says. "I adored her. We all did."

Robin liked her co-stars, too, describing them as "funny and nice." However, Robin can be a bit of a card herself. The stars were always joking with one another, and once Robin decided to get into the act. "Ted Danson was being interviewed by a TV crew," says Robin's mother, Betsy, "and she ran toward him as though she were going to give him a big hug. He got down with his arms open wide—and Robin ran right past him. That cracked him up."

To fend off boredom during the shoot, Robin even took it upon herself to teach Selleck's daughter how to play checkers. How did two-year-old Hannah do? "Not very well," she says.

Though she is at ease with superstars, Robin appears totally unaffected by her own stardom. Need proof? Ask her what project she'd like to do next. A movie for Spielberg? A co-starring role with the New Kids on the Block? Not if Robin has her way. More than anything, she says, she wants to appear in a commercial for Barbie dolls.

This is one little lady that fame will never change. ■

Jeff Rovin is a contributing editor of Ladies' Home Journal.

WHAT'S HOT

Stars in Aspen

There's no business like snow business when celebs frolic in the world's hottest ski resort. Here's the inside glitz from Aspen's Yuletide party scene. **By Susan Price**

IT WAS JUST LIKE ANY OTHER NEIGHBORLY GET-TOGETHER—IF your neighbors happen to include the likes of Goldie Hawn and Kurt Russell, Christie Brinkley and Billy Joel, Don Johnson and Melanie Griffith, Michael and Diandra Douglas, and Gregory and Veronique Peck.

To honor Hollywood's version of the simple life, the stars left their limos home when they went to last year's big bash, an après-ski open house at the lavish ranch house of Peter (*Batman*) Guber. Not that they walked, mind you—they just switched to the latest status vehicle, the stretch Jeep Wagoneer.

As the megaproducer himself admits, his home is "a Hollywood fantasy of what a ranch should be." The front door-handles are made of imposing deer antlers (tipped with glued-on bits of fur to prevent anyone from poking an eye out). Just up the road from the main manse is the so-called barn, which now houses not just horses but video games, pinball machines, a pool table and an elaborate home-entertainment system. A fleet of snowmobiles stands at the ready.







Sally Field hits the trails while Don and Melanie hit the party circuit. Private jets alight every two minutes until half an hour past sunset—when the anti-noise law restores some peace to the valley

And what does major-mogul Guber serve his glamorous party guests? Why, food fit for a ranch-hand (and prepared by one of Aspen's star caterers, Peter O'Grady), of course: The table groans with homey soups, casseroles and grilled ham-and-cheese sandwiches. And for dessert? What else but those fifties faves, Rice Krispies squares, made with marshmallows, from the recipe on the box?

Michael Douglas chomps thoughtfully on his ham and cheese, gazes at the purple mountain majesty around him, and tries to explain the Aspen allure. "I want to live here and raise my family here," Douglas says, surveying the magnificent view from the Guber hilltop home as son Cameron, twelve, joins Dad. "It's a good place for a kid to grow up."

FROM DEADWOOD TO HOLLYWOOD

Welcome to one of the world's best Christmas shows, which takes place in this Rocky Mountain mecca every December and January and boosts the population from six thousand to nearly twenty thousand. Aspen wasn't always so chichi. It began as a wild and woolly mining town in the 1800s; in 1950, the Aspen Institute think tank added a gloss of intelligentsia, policy makers and corporate titans.



The sixties and seventies brought the free spirits and ski bums, drawn by the low prices and high altitude. In those days, a pair of jeans and a reindeer sweater were about as fancy as anyone got. But then, by the late seventies, skiing took a fashionable turn, and Aspen—with its *(continued)*


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(continued) "champagne" powder and intimate Western charm—became the cool-weather retreat of choice for the Hollywood elite. Now, everybody wants a $400 sable headband from the Moghul Shop or some ostrich-skin boots for $1,185 from Bloomingbird's. As *Aspen* magazine drolly predicts, the jobs of the future here may be "Lear jet pilot, security guard, personal trainer and valet." (Of course, such peons won't be able to afford to live here, since the average home price soared from an already lofty $323,437 in 1979 to $1,123,000 in 1989, but that's another story.)

Seldom do so many stars glitter together. You can catch them every lunchtime at Bonnie's, a log-cabin restaurant midway down Aspen Mountain. Owner-chef Bonnie Brucker-Rayburn dishes up Jack Nicholson's favorite green chili and everyone's favorite apple strudel. Meals are served cafeteria-style, but what a cafeteria: Bottles of vintage champagne nestle in shaved ice (along with bottles of sparkling apple juice, for the Betty Ford Center alumni). Ethel Kennedy has one of the few charge accounts there, and the sun deck at Bonnie's was the site of last year's Trump tussle, that now-infamous occasion when Marla Maples first confronted Ivana in public while a nonplussed Donald looked on.





Some celebs come just for the holidays. Last year, wheeler-dealer Adnan Khashoggi, who was later tried on charges he helped Imelda Marcos launder money (he was acquitted), won permission from his New York parole board to come here "to spend Christmas with my family." The costs can be steeper than a black-diamond slope: Last Christmas, a four-bedroom house rented for as much as $14,000 a week. The flossy hostelries, at $200 and up a night, include the historic Hotel Jerome, which housed Billy Joel, Christie Brinkley and their daughter, Alexa Ray, as well as Calvin and Kelly Klein last Yule. Maria Shriver and Arnold Schwarzenegger were put up at the posh new Little Nell, where a suite can run as high as $1,600 per night.





Christie Brinkley, Ivana Trump and Kurt Russell pose for the paparazzi as Arnold Schwarzenegger, with a ski instructor, prepares to conquer the moguls. It's de rigueur for celebs to bring along a pro—even if they already know how to ski

The lobby of the Little Nell could have passed for the *Tonight* show's green room. Picture it: Sidney Poitier says hello to Gregory and Veronique Peck, whose pet Pomeranian is wearing a hand-knit snowflake sweater. The Schwarzeneggers stop to chat with oil baron and Aspen Skiing Company co-owner Marvin Davis; they're elated over the birth of their daughter. Arnold is going skiing, but Maria, sans makeup and dressed down in warm-ups, settles by the fire. But though Donald and Ivana are also in residence, he isn't doing too well locally; by New Year's, only one copy of Trump The Game had been sold in the hotel's bookstore—to The Donald himself.

Many Aspenites claim a more permanent piece of the action. Don Johnson and Melanie Griffith and their three children have a year-round home here. So does Sally Field. Jack Nicholson has an in-town Victorian home and a "country place," twenty minutes up in the mountains, with a Jacuzzi view of the valley and Castle Creek below. In nearby Starwood, Prince Bandar bin Sultan, the Saudi Ambassador to the U.S. and a chief negotiator in the Middle East crises, is building a fifty-five-thousand-square-foot house—the largest in Aspen. (As *LHJ* went to press, the Aspen Board of Commissioners—with an eye toward the environmental impact of such rampant excess—was voting on *(continued)*

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WHAT'S HOT
continued

an ordinance that would limit most dwellings to twenty thousand square feet.) With sixty-three realtors per thousand citizens in town, real estate speculation seems to be a favorite hobby; even Michael Douglas, who just purchased the Wildcat Ranch—all seven thousand acres—from Secretary of Commerce Robert Mosbacher, plans to develop homesites to sell for $2 million to $2.5 million.

Not everybody goes for the glitz. Goldie Hawn and Kurt Russell do their shopping at the mall "down valley" in Glenwood Springs. "Goldie is a dear, and very practical in buying her kids clothes," says a shopkeeper there. "She sticks to the basics." But there are buyers galore for the six-ply cashmere sweaters that run well over $1,000 at Nuages; Smith's offers fantasy Western wear—hand-beaded wool coats with Indian motifs at $4,000, custom alligator boots for $3,500; Kid's Bazaar sells $300 high chairs, hand-painted in Santa Fe motifs (Martina Navratilova snapped up three as gifts), and $150 sets of flannel "cowboy" sheets that Melanie and Don picked up.

Before they hit the slopes, the stars stop in at Stefan Kaelin on the mall to "s up." This is where Cher finds ski t exotic enough for her taste. Kaelin clusive suits, available only in Asp and Vail, can run up to $750, and imported Jet Set ski suit sports a bu in thermometer to tell the wearer h cold it is on the slopes.

And oh, yes, what about the skiin Well, some people actually do seem be there for that, too. Dressed to k the stellar skiers meet at the Sil Queen Gondola at exactly elev o'clock each morning as if on cue. de rigueur to have an instructor in t even if you know how to ski. That w instead of standing in line with huddled masses, you are whisked rig past the lift lines and onto the c gondola. (Those VIPs who are will to settle for the "baby mountain," B termilk, can skip all the lines entir and just snowmobile over to the tra from Peter Guber's adjacent ranch.)

Once they reach the top of Asp Mountain, the stars pause to pose the world's waiting paparazzi. Th "handlers"—agents, managers a publicists—dash into the Sundeck r taurant for quick phone or fax fixes the world's only mountaintop busin center. (Those who are truly co though, carry the year's hottest ski cessory, a cellular phone, and sim







Gregory Peck and Sidney Poitier chum it up while A-list invitee Jane Fonda takes a breather. The celebs' status vehicle of choice in this winter wonderland? The rustic-yet-luxurious stretch Jeep Wagoneer

ant their ski poles and dial out.)
After lunch, it's a couple of runs, ax, and then into the gondola (a.k.a. ne party bucket") with a glass of hot lled wine to trundle back down to wn in cozy comfort. The burning estion is always: "Are you going The Party tonight?"

Not everyone goes, however. Take rry Hamlin, who's with his ten-ar-old son, Dimitri (by Ursula An-ess), and his girlfriend, actress Nico-te Sheridan. "No, I'm not going to y parties," he says seriously. "I'm re to ski, and you can't party all ght and ski all day."

The party scene in Aspen used to be tty spontaneous ("Hey, come on er for some mountain red and the w Joni Mitchell album"), but now as organized as the court of Ver-lles. "Some of these hostesses are t having fun," says one party plan-r. "I've seen them in states of hyste-, fearing that their husbands would d fault with something!"

Now there are celebrity caterers, borate invitations issued (often by llywood publicists) as early as anksgiving, burly security guards spen has six agencies, but some Ps bring their own), door lists, big-me entertainment (jazzman Harry nnick, Jr., at one benefit, blueswo-n Bonnie Raitt at another).

At the lavish $16.3 million home of rshall Field heir Ted Field and his fe, Susie—with acres of wood pan-ng and chandeliers, it looks a lot e their old department store in icago—a cellist and pianist play m the mezzanine as guests file into e large entry hall. Champagne and s d'oeuvres are served as nearly a en photographers snap away. mon on potato pancakes topped h caviar, soft-shell crabs and tiny y lamb chops are a big hit; the iters even get rid of the bones by ing them back and sticking them their pockets. Then John Denver nders in wearing a leather vest d jeans, looking just like his old um cover.

So hectic is the Aspen social whirl-l this time of year that Kirk Doug-showed up a night early, knocking Field's door, saying, "Here I am, ere's the party?" "We told him he s a day early," said a security rd. "We invited him in, but he said d come back tomorrow."

Parties that attract the A-list ce-rities are now neatly sequenced so not to compete. The night after ristmas seems to have become Don nson's traditional "night" since his Melanie Griffith's engagement ty on that day in 1988 at the el Jerome. On that occasion, the hotel's magnificent Victorian ballroom glowed with candlelight—and Barbara Walters, Goldie Hawn, Jane Fonda and Sally Field, all wearing jeans, gossiped and giggled together at the edge of the dance floor as a sea of very thin, very tall, but considerably less-famous blonds-in-black-leather vied for the crowd's attention.

Last year, "Don's party" was at the High Altitude Paradise, a cellar rock club, and booked under the name of Tony Yerkovich, the producer of *Miami Vice*. It was kept so secret that most of the celebs who attended didn't know about it until the last minute; but still, a clutch of paparazzi and a handful of gawkers stood outside in the cold, watching micro-mini-skirted blonds in spike heels teeter across the icy sidewalk. Doormen were turning away anyone not on the list as ruthlessly as those at the old Studio 54.

And this holiday season? The fashionable, by definition, are a fickle bunch. Maybe they'll all head for the hills—or choose to schuss in some still-to-be-discovered haute spot. Or even—gasp—stay home! ■

Los Angeles writer Susan Price is a former resident of Aspen and has been skiing there for the past twenty years.

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PARENTS' JOURNAL

A guide to child rearing in the nineties ■ Our famous annual gift list ■ Surefire ways to wipe out whining ■ A gingerbread house fit for a king

By Mary Mohler and Margery D. Rosen

10 GREAT GIFTS—FOR UNDER $10!

FRANKLY, WE CAN'T BELIEVE IT EITHER. EVERYTHING COSTS MORE THIS YEAR. SURELY, WE THOUGHT, TOP-NOTCH INEXPENSIVE GIFTS FOR KIDS WOULD BE HARD TO FIND. WELL, IT'S *STILL* TOUGH TO FERRET OUT QUALITY TOYS FROM AMONG THE HEAPS OF FALL-APART-IN-AN HOUR JUNK, BUT WE WERE OVERWHELMED WITH THIS YEAR'S SELECTION. HERE'S WHAT WE DISCOVERED:



INFANTS

CHIRPING BIRDS A bright, colorful musical toy that's really something to sing about. Each of the removable birds makes a different chirping sound. From Little Tikes, $8.

JACK-IN-BLOCK Snap open this soft-sided block and voilà, a huggable sixteen-inch clown with peek-a-boo mirror and rattle. From Jolly USA, $8.

FINGER MAGIC BOOKS Books and matching finger puppets in primary brights to delight the littlest ones. From Schneider Educational Products, $5.95 each.

SORT 'N STACK MAILBOX An old-fashioned mailbox to indulge every toddler's fascination with putting things in and taking them out. From Fisher-Price, $10.

PRESCHOOLERS

RAP-A-TAP DRUM They can march to the beat of their own drummer with this durable, easy-to-hold instrument with drumstick attached so no one (translation: Mom) has to go hunting for it under the sofa. From Little Tikes, $10.

SOUND STORY, JR. Finally, electronic storybooks that don't sound like a cow giving birth. Smaller versions of this popular line allow you to read while your child presses the corresponding picture for real-life sound. Honest. Sight & Sound, $9.95.

SNAPPY SHOTS You dampen the sponge inside, then when your camera buff presses the shutter, out pops her "instant" picture. From Tomy, $9.99.

SCHOOL-AGE

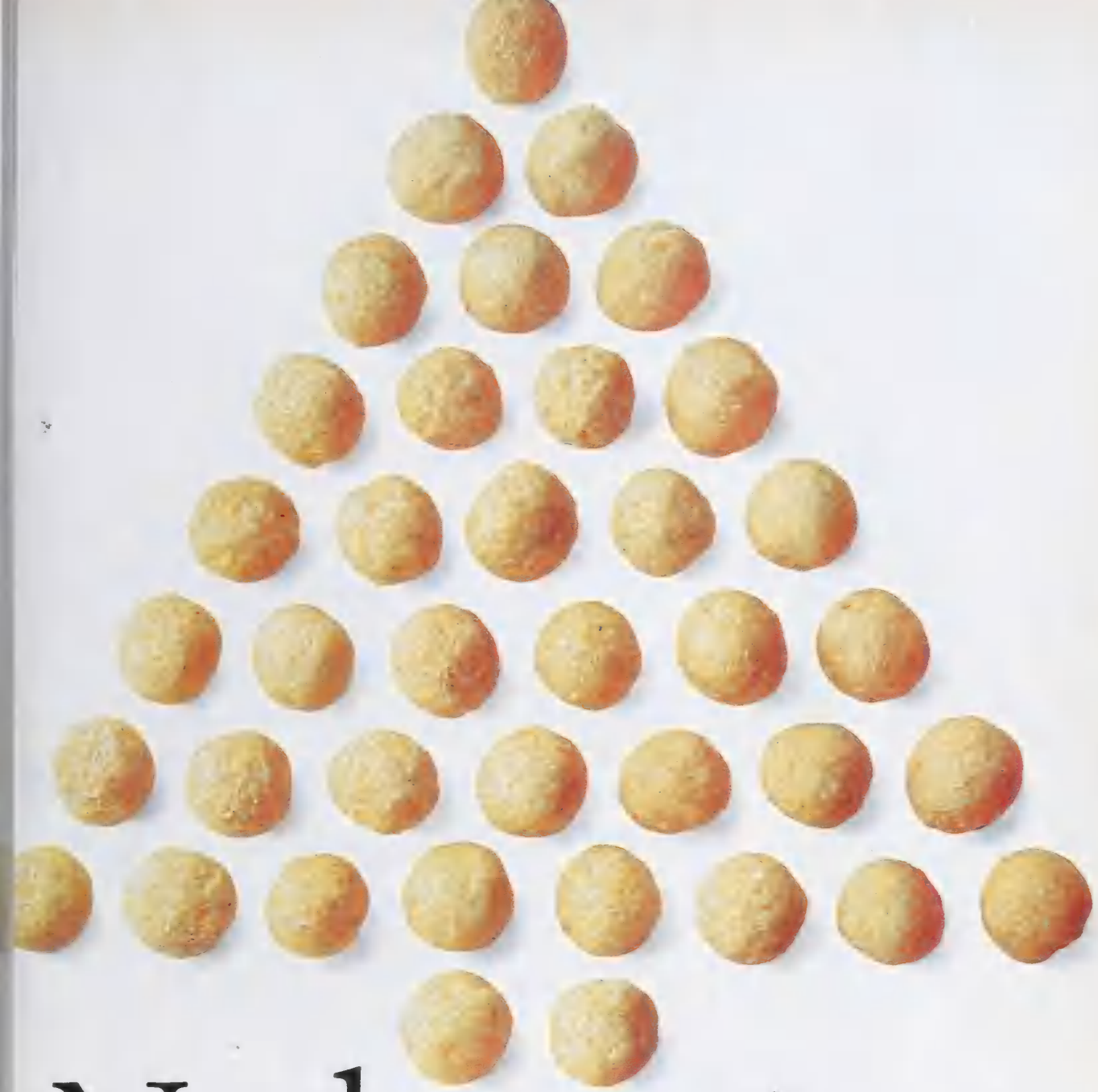
SUNLIGHT MAGIC ACTIVITY KIT Science and art become one when you place any object—try flowers, leaves or the pre-cut shapes included—on specially treated paper and expose to the sun or any light source. To frame or make note cards or bookmarks. From Educational Insights, $9.95.

WOOD BIRD FEEDER KIT Easy-to-build (pre-cut pieces require no nails, just pegs and household glue), these feeders hang from trees or outside a window. From Woodkrafter Kits, $9.95.

SPY TECH High-tech essentials for every spy's needs: This fingerprinting kit is part of a line that includes binoculars and walkie-talkies, plus a training manual with sly spy games. From Tyco, $9.

EASY AS M-I-C

Now there's a new line of software for preschoolers that even a parent will love. On three new programs (and more to come), Mickey and company help kids learn their numbers, letters, colors and shapes. Separate Sound Source attachment adds realistic sounds and speech to the wonderful graphics. Best of all, even toddlers can work most of these by themselves, freeing Mom to do other things. Software programs, $49.95; Sound Source, $34.95. ▶



No decorations necessary.

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The Hormel $10 Happy Holiday Rebate

Complete this original mail-in certificate. **Retain the required proofs of purchase from Hormel products as specified below. Fill in the table indicating the rebate amount you are requesting.** Limit one rebate per household. **Allow 6-8 weeks for delivery.** No groups or clubs please. **Maximum rebate $10.00. Minimum** rebate $2.50. Offer expires February 28, 1991.

Get $2.00 cash back for each purchase of Cure 81® Ham (whole or half).
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Total=_____
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liday Cranberry Glaze.

s the perfect compliment to a lean, juicy 181® Ham from Hormel. This glaze adds a y touch that tastes as good as it looks.

re 181® Half Ham
p cranberry-orange sauce
p peach or apricot preserves

ham according to label
ctions. Meanwhile,
ine cranberry-orange sauce
reserves. Thirty minutes
e ham is done, remove from
. Score surface; spoon on
Continue baking.



Holiday Chicken By George®

At this busy time of year, we sometimes sacrifice the festive feel in favor of an easy meal. Well, here's a way to cook quickly, eat well, and still give yourself a holiday treat at mealtime. Just take any Chicken By George® Gourmet entree (we've used tangy Lemon Herb) and prepare it your favorite way (sauté, broil or bake). Prepare angel hair pasta according to package directions. Add a few slices of red and green peppers to the pasta just before serving. A slice or two of French bread with butter and paprika goes with this nicely. Bon appetit ...and happy holidays.



ami Cornucopias

look great on a holiday snack tray. They taste better. And they're so easy, you'll want to them for informal get-togethers as well your big holiday gathering.

(3 oz.) cream cheese,
ed
poons Dijon mustard
land® Hard Salami or
® Genoa Slices
ell pepper strips
ettuce

ine cream cheese and
d; mix well. Spread salami
lightly with cream cheese
re. Place pepper strip on salami
roll up. Place salami roll on
lettuce leaf; roll up. Secure with
pick. Makes about 20 appetizers.



Christmas Quiche

Great for a special breakfast or a holiday brunch when friends and family drop in.

Line 9" quiche pan with pastry crust
1-1/2 cups Half & Half
4 eggs
1 cup (4 oz.) Jarlsberg or Swiss Cheese, shredded
1 tbsp. flour
1/4 cup sliced green onion
1 tsp. dried parsley
Pinch of nutmeg
Salt and pepper to taste
5 slices of cooked Black Label® Bacon
5 links of cooked Little Sizzlers® Pork Sausages

Toss shredded cheese with flour. Add onion, parsley, nutmeg, salt & pepper, and sprinkle on base of pastry shell. Whisk eggs with Half & Half and pour over cheese mixture. Bake 35 minutes at 375°, place bacon and sausage on top and bake an additional 10 minutes.



To mark Hormel's 100th holiday season, we're offering a rebate of up to $10.00 on these fine Hormel foods. We've included a $1.00 coupon on Cure 81® Ham to get you started, and a few of our favorite holiday recipes. Great meals and cash back. It's our way of saying thanks for making Hormel part of your happy holidays.

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Save on Cure 81® Ham from Hormel.

Retailer: Hormel will redeem this coupon for amount shown plus 8¢ handling provided you and your customer have complied with the terms of this offer. Any other application may constitute fraud. Coupon void where prohibited, taxed or restricted. Customer must pay any sales tax. To redeem coupon, mail to HORMEL, CMS Dept. #37600, 1 Fawcett Drive, Del Rio, TX 78840. Cash value 1/20¢. LIMIT ONE COUPON PER PURCHASE.

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PARENTS' JOURNAL

PEDIATRIC HEALTHLINE

■ My two-year-old has had a cold with a cough, which seemed to get a little better, but now she's developed a fever and the cough is worse. Do you think this could be more than a cold?

Your daughter definitely needs to see a doctor, especially if she's not responding to the usual home treatments of Tylenol and over-the-counter cough medicine after three days. You'll want to make sure her cold hasn't turned into something more serious such as the common viral pneumonia, which starts off with cold-like symptoms such as a runny nose, cough, loss of appetite and a fever. (Most children won't have a productive cough with these symptoms, which will usually persist for more than two or three days.) Another possibility is bacterial pneumonia, which requires antibiotics and frequently hospitalization, so tests and X-rays must be done to determine if the pneumonia is bacterial or viral. A third but less common type of pneumonia is mycoplasma—usually seen in schoolchildren—which also starts out with a persistent cough and fever and can be treated with the antibiotic erythromycin. It seldom requires hospitalization.

—Mary Farrell, M.D.



ASK THE DOCTOR

Got a question about your child's health? Ask the doctors at the Pediatric Healthline at the Arnold Palmer Hospital for Children and Women, in Orlando, Florida. Call 800-727-9434 any Tuesday between six P.M. and nine P.M. Eastern time.



HANSEL & GRETEL WOULD APPROVE
No muss, no fuss with this ready-to-assemble gingerbread house kit. Everything you need to make a house is pre-baked and cut; you simply supply the candy and put it all together. From McGlynn's Bakery, at supermarkets. Or call 800-624-5966 to order, $17.95 plus $3 shipping.

UNDERSTANDING KIDS BY LAWRENCE BALTER, PH.D.



Dr. Balter is a practicing psychologist and professor of educational psychology at New York University. He is the author of *Who's In Control?* (Simon and Schuster, 1989). His most recent publication is *Stepping Stones Stories* (Barrons, 1989), a series of illustrated books for children.

My four-and-a-half-year-old daughter whines constantly. I think I've tried just about every trick in the book—from ignoring her to reasoning with her—and nothing works. Sometimes, just to get her to stop, I give in, but that only makes me feel worse and doesn't stop her from whining the next time. Do you have any suggestions?

The sound of a whining child can indeed be maddening, but it's important that you make every effort to remain steady. If you react by losing your temper or, conversely, by giving in, you will not put an end to the noise. First, give some thought to why your child is using this attention-getter.

Sometimes a child whines because she's picked up that tone from another member of the family. Think hard: Is she perhaps modeling herself after you, your spouse or an older sibling? If so, try to eliminate the source of the behavior she is imitating. More often, whining may be an expression of suppressed anger. When children are frustrated, it's natural for them to become irked. Frequently, they are unable to give full vent to their anger, so they mute it. What you may be hearing in the whine is muffled rage.

Start by pointing out to your daughter that she's making a sound that is called a whine. (She actually may not be aware of it.) Then let her know it's irritating to you. Don't be punitive, but be clear that you won't carry on a conversation with her if she continues to act the way she is.

You should also point out that she may be feeling angry. You might say, "I know you're mad because we couldn't get to the store this morning. You can tell me how angry that made you." By encouraging her to express her annoyance directly, you'll diminish the crying and the whining. Make sure, too, that you are not contributing to the problem by making unreasonable or unclear demands. Of course, once the whining ceases, you may have to deal directly with angry confrontations. But that can often be easier because it is less irritating.



Dimetapp® is the cold medicine that won't make kids disappear.

Most kids think that medicine has to taste bad. So they're likely to pull a vanishing act when Mom comes by with a bottle and a spoon.

But there's one cold medicine that relieves both kids and colds. Grape-flavored Dimetapp Elixir. With the taste that kids take willingly.

And now there's a new Dimetapp formula. Introducing Dimetapp DM—for colds accompanied by coughs. It has the doctor-recommended cold-fighting formula of Dimetapp—to relieve nasal congestion, sneezing and runny noses. Plus it contains a proven cough suppressant.

And Dimetapp DM has a pleasant new red grape taste, as well. So kids won't mind taking it. After all, a medicine can't work if you can't get it down.

So coax your little patient out of hiding, with Dimetapp Elixir or new Dimetapp DM. You'll be relieved you did.



Dimetapp® Elixir
It relieves kids as well as colds.



New Dimetapp® DM
It relieves kids as well as colds and coughs.



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4-door Explorer offers more interio space than any vehicle in its class. Th engine's a big 4.0L EFI V-6. With a Explorer 4x4, you can shift from 2WD t 4WD High and back, on the fly, at th touch of a button. A long list of amenitie lets you express your individual styl Curious? A test drive will show yo why Explorer is today's best-sellin compact utilit

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Buckle up — together we can save lives.

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Have you driven a Ford... lately

Exclusive Christmas story! Starring the TEENAGE MUTANT NINJA TURTLES

Cowabunga! Here's a heartwarming tale of those heroes on a halfshell to share with the littlest dudes on Christmas Eve



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the TEENAGE MUTANT NINJA TURTLES in
'Twas the FIGHT before Christmas
HMMMM-MAN— I JUST LOVE MAKING SPECIAL CHRISTMAS PIZZA!
SAUSAGE, MUSHROOM, TURKEY, HAM, YAMS, SUGARPLUMS—
♪ JINGLE BELLS, SHREDDER SMELLS, HE ALWAYS GETS AWAY! OH WHAT FUN IT IS TO SAY THAT HE ISN'T HERE TODAY... ♪
AND CHEESE, MICHAELANGELO. DON'T FORGET TO PUT PLENTY OF CHEESE...!
PLOT-DEAN CLARRAIN AND ANDREA CARLIN
SCRIPT-DEAN CLARRAIN
PENCILS&INKS-MIKE DOONEY
COLORS-STEVE LAVIGNE
LETTERS-MARY KELLEHER
DUDES!
OH, AND APRIL AND MASTER SPLINTER
RAPHAEL!
LISTEN UP!
GANG OF GOONS ON THE LOOSE ROBBING PEOPLE OF THEIR CHRISTMAS PRESENTS!
WE GOTTA STOP THEM!
NO PROB!
YEAH, JUST LEAD THE WAY, RAPH!
SLAM
HEY, PICK UP SOME MORE EGGNOG WHILE YOU'RE OUT...!


SOON...
THIS IS WHERE THEY ROBBED THE GIRL...
LET'S SPREAD OUT AND LOOK FOR CLUES.
CHECK IT OUT - FOOTPRINTS!
EXCELLENT! LET'S FOLLOW THEM AS FAR AS WE CAN.
THEY END HERE - BY THIS WAREHOUSE.
SHHH... I HEAR VOICES..!
YUP - THOSE ARE THE BADBOYS...
SQUEEEEEEKT
ALL RIGHT... ON MY WORD, BROTHERS -
LET'S SHELL-SHOCK THEM!
CRASH
UT-OH!
WHA?
COWABUNGA!
HAI!
BYE-BYE!
WHAP
WHUD


SAI-ANARA!
CHANK
AND THAT'S THAT!
WUMP
MAYBE SO... BUT WHAT'S ALL THIS?
TOYS!
CHECK OUT ALL THE TOYS THEY STOLE!
OH, MAN... WHAT'RE WE EVER GONNA DO WITH THEM ALL?!
WE...? HMMMM... I HAVE AN IDEA!
NOW IF ONLY SOMEONE WOULD LEAVE US SOME COOKIES AND MILK JUST LIKE FOR THE REAL SANTA...!
the End

'tar", 0.2 mg. nicotine av. per cigarette by FTC method.

n a comparison of nationally selected brands.
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5 mg. tar.
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5 mg. tar.
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The lowest in tar and nicotine.

Of all soft pack 100's. By U.S. Gov't. testing method.

MEDINEWS

■ When breast cancer recurs ■ Winter exercise ■ New hope for ovarian cancer ■ New help for arthritis.

By Sally Squires

PREDICTING BREAST-CANCER RELAPSE

Over thirty percent of all breast-cancer patients will suffer a relapse within ten years. But as researchers learn more about the disease, they've become better able to pinpoint which women have the highest risk of recurrence—and target them for special treatment. Patients whose tumors are not stimulated by estrogen or progesterone, for example, have a greater chance of relapse than those whose tumors are stimulated by those hormones, says Sandra Swain, M.D., of Georgetown University's Lombardi Cancer Center in Washington, D.C. (This can be checked via an estrogen-receptor test.) Some other potential relapse markers include tumor size of two centimeters or more, and finding tumors that have a high percentage of cells in a stage of extremely rapid growth, called the "S" phase. Women with one or more markers should generally receive aggressive postsurgical treatment with chemotherapy and/or radiation.

Sally Squires, a health writer at the Washington Post, is also co-author of the book "The Stoplight Diet for Children" (Little, Brown, 1988).

NOT-SO-SLIM SWIMMERS

Exercisers who want to come in out of the cold in winter should think twice before trading in their running shoes for a bathing suit if they want to lose weight. Reason: Swimming may not help. A recent study of thirty-two overweight women put on an exercise program found that walkers and cyclers lost between 10 and 12 percent of their body weight in six months. The swimmers, on the other hand, lost no weight whatsoever. According to Grant Gwinup, M.D., of the University of California at Irvine, water conducts heat away from the body more effectively than air, and this heat loss may produce a change in appetite observed in swimmers. Swimmers tend to eat enough after exercise to replace all of the calories they burn in the pool, while land-based athletes replace only three quarters of the calories they burn off. To shed pounds, alternate swimming with nonaquatic aerobic exercise, such as jogging, walking, biking or aerobic dance.

BIONIC FINGERS AND TOES

Artificial implants have been widely used for years to replace hips and knees crippled by rheumatoid arthritis. Now artificial finger and metatarsal (foot bone) implants are being used more frequently around the country as well. Doctors replace damaged joints in hands and feet with silicon or metal; during the operation, they also realign muscles and tendons and remove damaged bone tissue, explains Kerry Zang, D.P.M., chief surgeon at the Arizona Institute of Footcare Physicians, in Phoenix. Implants dramatically improve patients' appearance, allow feet and hands to function more normally again, and even enable some arthritis sufferers to cut down on pain-killing drugs.

BEATING OVARIAN CANCER

Two new treatments are boosting survival rates in women with ovarian cancer, report researchers at the University of Florida's Health Sciences Center, in Gainesville. In a recent five-year study, forty-four women with advanced cancer were initially given surgery and chemotherapy. They were then divided into two groups: patients who appeared to be free of cancer, and those who still had detectable cancer cells. The cancer-free patients were given injections of a radioactive phosphorous substance known as P 32, which kills cancer cells. Patients who still showed cancer—who, researchers say, are not good candidates for P 32—received twice-daily doses of cancer-destroying abdominal radiation.

Of the twenty women who received P 32, seventeen survived for at least five years—a much greater survival rate than would be expected without follow-up treatment. Of the twenty-four who received twice-daily radiation, seven passed the five-year survival mark. Researchers say that normally none of these high-risk patients would be expected to survive so long.

New

REPLENS

Finally, a discovery to end vaginal dryness

Only REPLENS *replenishes* vaginal moisture, giving you lasting comfort and ending vaginal dryness for good. Through its unique bioadhesive system, REPLENS continuously hydrates the vaginal surface and underlying cells, bringing back the feeling you thought was lost forever.

When used as directed, three times a week, the symptoms associated with vaginal dryness, such as itching, discomfort, and painful intercourse, disappear. And each application of REPLENS moisturizes for up to 72 hours. With REPLENS you're spontaneous and confident.

Ask your gynecologist or pharmacist about REPLENS Vaginal Moisturizer. It's available at your pharmacy.

Now you can look forward to vaginal moisture for the rest of your life.



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"The new Escort gives Ford a car that is competitive with the world's best compacts

–Popular Science



Draw your own conclusion.

"The profile is leaner and more expressive, with a youthful attention to detail."

–Automotive Industries

First it was Taurus Wagon, the wagon that set a precedent for style. Now comes Ford Escort Wagon, the newly designed five-passenger wagon of generous proportions. It offers 66.9 cubic feet of cargo space (with the back seat folded down). And a clever 60/40 split/fold rear seat that lets you carry more than two people and still transport extra-long cargo. Escort Wagon also has a wider expanse of glass up front for better visibility. A handsome instrument panel with analog gauges for ease of r ing. And firm, comfortable seats. All neatly packaged in an aerodynamic shape that's pleasing to the eye.

The design of performance.

"The longer wheelbase does wonders for quality, and the entire car provides a flatter, grippier feel at all speeds."

–Autol

Every aspect of the Escort Wagon has bee totally redesigned. Its engine, a 1.9 liter 4-cylinder with sequential electronic fuel i tion delivers a smooth performance feel. It a new suspension and new rack-and-pinion

Buckle up–together we can save lives.



ring system for a satisfying over-the-road
formance.

ality. Period.

The Escort's fit and finish quality is excellent!"
—*Automobile* Magazine

e dotted every "i" and crossed every "t,"
ing strict attention to every detail; building
wagon with more rigid body panels and
strength at key structural points; an isolated powertrain subframe to help reduce road noise and vibration; extra galvanized steel and extensive anti-corrosive protection; and more chip-resistant paint. Which means strength is one of Escort Wagon's many strengths.

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PERSONAL JOURNAL

Don't let that bah-humbug feeling spoil the festive season for you. Below, some tips to help you through all the mad merriment that lies ahead

HOLIDAY HEALTH HANDBOOK

WE'VE GOT GLAD TIDINGS: YOU *CAN* SURVIVE THE HECTIC HOLIDAYS WITHOUT LOSING YOUR SANITY OR SUCCUMBING TO A COLD-WEATHER BUG. BY SALLY SQUIRES

Rule #1: PLAN AHEAD

■ *Rely on lists.* Make a purse-sized notebook containing gift lists: what you plan to buy in what size for whom, and what you've already bought. Always carry it with you; you never know when an inspiration for what to give cranky old Uncle Al will strike.

■ *Minimize shopping hassles.* We all know the virtues of catalogs—collect all kinds and swap with friends. Some kindly merchandisers will even guarantee a gift-wrapped, last-minute delivery by air express (for an extra charge).

■ *Set limits.* Declare a deadline for writing family gift-wish lists, and stick to it. If money is tight, agree to spend only a certain amount or to buy a certain number of presents. Consider low- or no-cost alternatives, like baby-sitting "vouchers" for a friend.

Rule #2: DELEGATE

■ *Ask for help.* To avoid feeling like Scrooge, divvy up holiday tasks. Request help often, and assign specific jobs to every family member. Your tall teenager can supervise the placement of the treetop angel; the little ones can put sprinkles on the cookies.

■ *Get out of the kitchen!* Who says you have to do all the Christmas cooking? Hold a potluck dinner and have everyone contribute a dish. Or splurge and have your holiday feast catered. Many stores now offer full-course turkey dinners for a reasonable price.

Rule #3: RELAX

■ *Have realistic expectations.* Learn to roll with the punches, suggests William Doherty, Ph.D., director of Marriage and Family Therapy at the University of Minnesota, in St. Paul. If Cousin Steve usually gets drunk and tells war stories at Christmas, odds are he'll do it again this year. Since you probably can't change his behavior, you need to alter the way you react. Plan a diversionary activity for yourself, such as taking a long after-dinner stroll with your favorite aunt.

■ *Compromise.* Problems often develop when celebration styles clash, says Doherty. If you like to throw fistfuls of tinsel on the tree, for example, while your husband insists on placing each strand with care, do things your way one year, his way the next.

■ *Don't fake it.* If you're separated from close friends or family members due to death or divorce, don't ignore your sadness. In their book *Giving Sorrow Words* (Warner, 1990), Candy Lightner and Nancy Hathaway suggest you give yourself time to think about those you miss, and to grieve, reminisce, even cry if you feel like it.

■ *Stick with your regular exercise routine during the holidays.* In addition to easing stress, working out will burn some of those cookie-and-candy-cane calories. Can't find the time to jog or do aerobics? Walk as much as possible—to the mall or to the grocery store. You'll stay active and, at the same time, finish all your shopping.

Rule #4: STAY HEAD-TO-TOE HEALTHY

■ *Combat holiday headaches.* Tension headaches—dull pain and tightness around the head and neck—are often produced by stress. Do neck rolls and take slow, deep breaths to release built-up tension and ease discomfort, advise experts from the National Headache Foundation in Chicago.



Fill your special notebook with grocery lists, holiday events and a daily must-do checklist



Shop at off-peak hours: just after the stores open, at dinnertime or right before closing

If you're a migraine sufferer, watch what you eat. Aged cheese, chocolate and red wine can all trigger migraines in susceptible individuals.

■ *Stop a runny nose* with medications containing antihistamines, which also curb sneezing. But don't take medication before drinking or driving. Remember, too, that overusing antihistamines can cause kickback effects such as drowsiness and an excessively dry mouth. Of course, don't take *any* medicine without consulting a doctor if you're pregnant or nursing. Asthma and glaucoma patients should also check with a physician before taking antihistamines.

■ *Seek prompt medical care for sore throats*—especially if they're accompanied by high fever, nausea and vomiting, says Edward R. Kaplan, M.D., director of the World Health Organization's Streptococcus Research Laboratory at the University of Minnesota. The colder months are prime time for strep throat, an ailment that is easily spread in close quarters and can be very serious—even lethal—if ignored.

■ *Get a flu shot.* Inoculation is the best protection against influenza, according to the federal Centers for Disease Control, in Atlanta. Shots are available at doctors' offices or through your local health department. ▶

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PERSONAL JOURNAL

THE GIFT OF MEMORIES

I turn the pages of the old spiral note book, reading the familiar recipes i my grandmother's shaky handwriting Henry's Christmas Cookies, Spart Buttermilk Griddle Cakes, Icebo Rolls. I remember sitting at the bi table in her Wisconsin kitchen, and I ca still smell the steaming trays of clover leaf dinner rolls coming out of the ove on Christmas Eve.

This chronicle of favorite family recipe is one of my most cherished possessions– especially now that my grandmother i gone. I feel a link to my past every time turn those well-worn pages.

And that's why this holiday season I'v decided to give my family presents tha will evoke their own special recollections These memory gifts are easy and fun t make—they simply need to be somethin that connects us to the past and each other For instance, my grandmother once gav my mother an afghan knitted with the yar from my grandfather's school-letter sweat er. No one would have worn the ol cardigan, but we all snuggle up in th blanket from time to time and think o Grandpa. Another time, a cousin hunte down a book, long out of circulation written by my other grandfather and pre sented it to me. The effort was special; th present was truly priceless.

You can create similar unique gifts fo your own family and friends. Here ar some ideas to get you started:

■ Use your imagination. For instance, i you have a young father to buy for, wh not frame one of his children's paintings Show a friend you care with a scente sachet made with flower petals from wedding or anniversary bouquet. Giv your daughter or niece a piece of famil

velry that you've had reset. Collect ipes from your extended family, and ate your own cookbook.

Make a gift of treasured photos. Have ies made, then put together a personal- d album, complete with captions and es. Frame a picture of a person's favor- place—her hometown, the spot where spent a special vacation, the house she t bought. Or take a picture of the ipient fishing, golfing or doing some- ng else he or she loves. One of my ner's favorite presents was a photo I k of him reeling in a big fish in Alaska.

Likewise, pick up on motifs that relate n person's past. For example, a hat with plane patches pleased my father-in-law, o vividly recalls flying B-24 bombers ing World War II. A tile cutting board h a willow-tree design was perfect for a nd who has fond childhood memories climbing the tree in her backyard. And



eral friends have surprised my husband me with African baskets or carvings t remind us of our Peace Corps days. A that reflects a person's signature inter- —whether it's a college emblem, a orite animal or a hobby—is sure to be a at success.

Family history is another rich source of mory gifts. Frame old maps, the deed to family home or a square of needlepoint embroidery made by your great-grand- ther. Or make a slide show of family es. For a high-tech twist, try what Pam Bob Spencer, of New Castle, Dela- re, did, by creating a videotape of old es of their family and setting it to sic. Their tape has become such a hit that relatives play it over and over at family get-togethers. You can also use a video camera to tape your clan's reunion, a special birthday party or Grandma reading to the kids, and make copies for your relatives.

■ Write a "book" about your family. Gene Vincent, of Bethesda, Maryland, interviewed relatives about their childhood days on the Oklahoma prairie. He later presented everyone with a copy of his story, "Growing Up With Double-J and Agnes." Jean Saczyk, of Rochester, New Hampshire, turns favorite family stories into picture books for the children. She does the drawings herself and writes a simple narrative. One book describes how the family sailed from Europe to settle in America, and another tells of recent Halloween escapades.

■ If you don't have time for such a big project, work on a short family history instead. Draw up a list of specific questions and ask your relatives to fill in their answers. Then copy the finished pages and put them inside a quilted cover. You've made a gift that will become more important as the years pass.

■ Remember family traditions. Linda Ahern, of Annandale, Virginia, says that her mother always kept mugs of cinnamon sticks on the kitchen windowsill and potpourri simmering on the stove. One Christmas, Linda decided to capture that special childhood essence in a present for her sister: She glued cinnamon sticks around the outside of a small basket, creating a lovely and aromatic gift. Her sister's eyes filled with tears the moment she saw it.

Finally, sometimes the smallest of presents can mean the most—like the packet of moonflower seeds my parents sent me. Our family had always grown these plants with the luminous white blooms that appear only at night. My dad would lead us kids out onto the patio, and we would marvel at the beautiful flowers that blossomed under the stars. So this spring, I will plant some moonflowers in my yard, and at night I will take my own son and daughter outside, and we will stand together in the moonlight, smelling the fragrance of the rare and wonderful white blooms.

—JANE MATTERN VACHON

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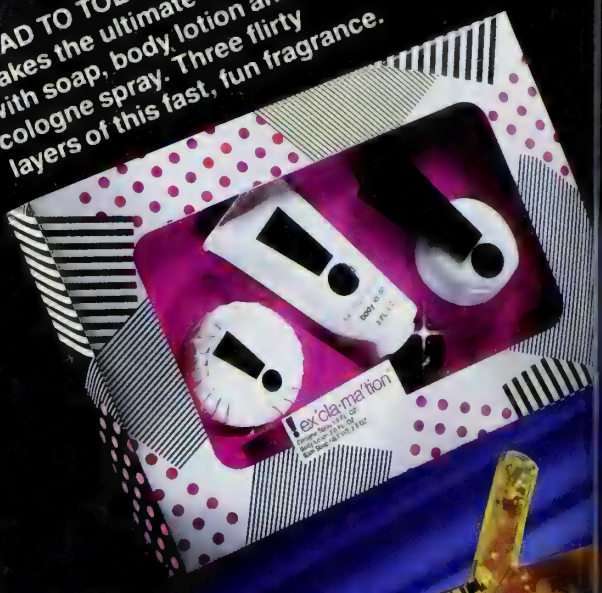


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SHORT STORY

REMEMBER THE ORANGES

Jeb was afraid his grief would ruin the holidays for everyone. Then a message from the past showed him the true meaning of love and Christmas spirit. A story to touch your heart this season.

By Gerald R. Toner



"Remember the oranges." Those were her last words.

Four days before Christmas I had started out for Martin's Toy Store with a list tucked into my pocket and every intention of filling it. Then I strayed, and found myself driving to the cemetery. Leaning against my car door, I stared at my grandmother's grave. It should have shown signs from the funeral only a week before, but it was just as smooth as if it had been there for decades.

Thanksgiving, just weeks before, seemed like a day out of another life. Only on reflection had Grandma seemed thinner, more frail, perhaps less talkative. We spoke that night about gift lists, caroling, potluck dinners. We were together.

Then, the week after Thanksgiving, the call came to my office.

"You'd better get to the hospital, Jeb," Mrs. Wilson said. She was Grandma's neighbor and one of her few remaining friends.

"Well, what is it? Has Grandma had an accident?"

"She fainted in the bathroom. The ambulance just left."

I calmly thanked Mrs. Wilson.

But there was nothing calm about my trip to the hospital—I ran two red lights and drove the wrong way into the parking garage. By the time I reached her room, Grandma had been given something to make her sleep. I stood at the foot of her bed, and slipped into a world of sickness and death that had been nonexistent just an hour before. The routine of the hospital soon became the norm for me.

"Your grandmother's a very sick woman," said Dr. Lake. The physician had been waiting for me at the nurses' station. "She has a large uterine tumor."

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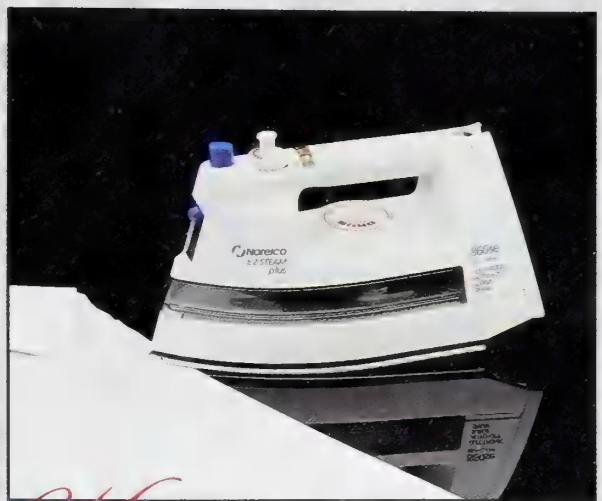
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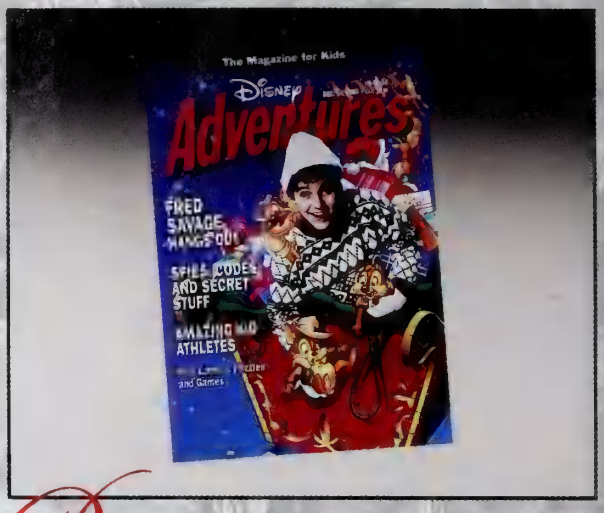
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REMEMBER THE ORANGES

continued from page 84

He said more, but it was lost in a low hum that filled my head. The gray-green hall, the comfortable disarray of the nurses' station and the polite monotone of Dr. Lake grew distant.

The topic of death had never been taboo between Grandma and me. It took my mother when I was young and my father when I was in college, and we had often wondered by what design we alone were left to sputter forward.

"Jeb," Grandma had said only months ago, "if I lead a good life . . . and I'm kind to others . . . treat them as I would have them treat me . . . do you think God will take me quickly?"

"I don't think He dispenses those kinds of favors," I had observed sagely.

"That's what I was afraid you'd say." She smiled. "Well, let's see if we can't put it off a while longer, anyway. I want to get to know your children better first."

We had talked about so much through the years—growing up, love, marriage, children, politics, funny stories from fifty years ago, funny stories from yesterday's trip to the grocery.

"Jeb, did I ever tell you about the day your grandfather drove the Packard through the front window of Al Noble's gas station?" She hadn't.

"Bless his heart, he had Al fix the window and swear he'd never tell me . . . and Al didn't. It was Sam Voigt, the druggist. He had seen the whole thing. And even he kept it to himself until your grandfather was dead. Then he got tickled one day talking to me, and he just had to tell me all about it." After we'd finished laughing, she had paused and sipped her coffee.

"I wonder, Jeb, what it will be like to be joined again with your mother and your grandfather. I can't say it won't be nice . . . if that's what heaven's all about . . . but I'll miss you."

We had been lucky to have those times over coffee, or when I dropped by in the evenings. During her two weeks in the hospital, reality was neither warm nor memorable. Reality was trying to catch Grandma when the drugs were just wearing off, when we might relish a second or two of thought or feeling before pain forced the next dose of morphine.

"Look," my wife approached me one night when I returned from the hospital. With the care accorded a wounded animal, she said, "I want you to go to the hospital as much as you want to, but the children are beginning to think you're sick, too."

My fist started swiftly toward the kitchen table, but I caught myself. "You're right . . . this is crazy. I get to the office, and I fidget until I can get back to the hospital. I get to the hospital and Grandma's asleep, and they tell me she's been calling for me. Then I feel awful. If I ask them to hold up on the painkillers until I get there, I feel worse. If they follow their orders, I miss the few seconds that would mean anything. And once I'm there . . . I can't wait to get out," I droned on.

I paused and Susan tried to ease me onto the subject of gifts. "Do you want me to shop for the kids?"

"No . . . no, I'll do it." My reaction was stubborn and inescapable. I always did it. That was the important part of Christmas for me. Giving had long since replaced the joy of receiving.

Our disjointed conversation ended, and I returned to the hospital.

Then she slipped into her final coma. I had stayed by her side, grasping her hand. The nurses were all very kind. They expected no hysterics, and I displayed none. Grandma was eighty-four. Old folks died every day—even at Christmastime, so when I cried, I made sure they didn't see me.

And what were her last words to me? What solace did I have as I left the hospital that night? "Remember the oranges." I almost wished she had added, ". . . and the apples. And don't forget lettuce and a pound of sliced turkey." Shopping. Part of the daily ritual of seeing her friends and stocking the refrigerator. If her grocery list was important to *(continued)*

(continued) her in her final delirious moments, then it was important to me as well. Yet I wanted more. I wanted epiphany, some final passage to close out our thirty-four years of love. A week later, standing mute in the fading afternoon in the cemetery, I was no closer to finding it.

The wind had died down, and the flurries had begun to powder the ground. I reached inside my coat pocket for Susan's list. "Barbie outfits, Barbie kitchen, Barbie bath . . ." I could clean out one aisle at Martin's Toys and be halfway done. "Legos, jet commandos . . ." There had been no need for the list; I knew it by heart. But Susan had foreseen my distraction—her list was simply a reminder.

The cemetery gate was ready to close when I left the grounds. Cars packed with shoppers streamed past, and I turned up the radio and joined them. It felt good to be among the living. "Okay," I thought, "no more distractions."

The shopping strip loomed before me, the three-story neon clown announcing Martin's Toys. I grabbed a cart and started for the aisle where I knew I'd find Barbie. Easy-listening Christmas carols seeped syrup-like from the ceiling.

Then some real music came on: Bing Crosby was singing "I'll Be Home for Christmas." Now memories overwhelmed me. I could see my grandmother teetering near the top of a ladder, unsafe from its first step upward.

"Okay, Jeb, hand me the angel. Steady now. If I fall into this tree, they'll be picking pine needles out of my body for a week. If it happens, just go ahead and bury me, tree and all."

A nine-year-old boy, I stepped gingerly on the bottom step. I held the angel up toward her. Half of the angelic yellow hair was gone. The white satin dress was spotted with pine tar, but her porcelain face was beautiful to me.

"Okay, almost got it . . . there, that's it." She let out a sigh of victory and relief. "Now, hold the ladder."

Once at the bottom, she grabbed me about the shoulders. My head rested against her bony chest. It was our first Christmas without my mother.

"I didn't think your father would be up to putting his all into tree-trimming this year." She was chuckling softly, but I could tell she was crying, too. "That was your mother's angel when she was a little girl, Jeb . . . it sort of reminds me of her."

The scene faded. I remembered that the radio in our parlor had been playing "I'll Be Home for Christmas." Even at nine, the song's irony was clear.

The remembrance ended. The late Mr. Crosby continued. I was standing in mid-aisle, lost again. Barbie was only a few yards away. One or two minutes and I would be half done with my assigned Christmas buying, but it wasn't to be. As decisively as I had walked into Martin's, I turned around, leaving the cart like an abandoned junker. No Barbie. No G.I. Joe. Maybe another night. Maybe Susan would have to do the honors after all.

My key turned in the front door.

"Daddy's home!" I could hear their screams even before my foot crossed the threshold. Susan was arranging a garland in the front hall. Her eyebrows raised slightly. Her voice lowered.

"Did you leave it all in the trunk?"

My lips puckered outward. "I didn't get anything," I said. "I couldn't. I tried. I'll talk to you about it later." My voice was a whisper, but I strained even with that minimal effort. Susan started to say something, then drew back.

"I understand," she said.

"Is the snow sticking?" David was the first to reach me. He leaped into my arms, clothed in zip-up footed pajamas.

"It's sticking a little." I kissed him. "But not enough for sledding."

"Tomorrow morning?" Annie emerged. Older than David by four years and a worldly-wise third grader, Annie was always on the lookout for a snow day.

"Don't know," I answered. "Let me get my coat off and warm up a little, and we'll check the weather in a few minutes." I moved toward the fireplace.

The fire felt good. I held my hands out, then grabbed the poker and stirred the logs. Ashes fell as sparks flew up.

"Where were you, Daddy?"

I decided to tell Annie the truth. "I was at the place where Great-Grandma's buried. I was saying good-bye."

Neither of them knew quite how to respond.

"Tell us a Great-Grandma story." David plopped down next to me on the couch, and Annie joined us.

"Tell us the story of the flaming Christmas tree," Annie said. "You know, Great-Grandma was just a little girl, and she sat in her bedroom window one cold night . . ." Annie ceased so I could continue.

"Well," I picked up the plot threads. "Grandma sat admiring the tree in the window across the street. It was lit up with beautiful candles, and she could see their glow through the frost that had formed on the windowpanes . . ."

"And," David added, "it was so cold that Great-Grandma's breath kept covering the window . . ."

"Yes," I said, "and suddenly, the tree shot up in flames before her very eyes."

"Did the house burn down?" David asked, though he knew the answer.

"No," Annie added on cue. "The window flew open. The daddy in the house picked up the tree—ornaments and all—and threw it out into the street!" Annie was supremely proud of her storytelling skills.

The three of us stared into the fire, imagining a flaming Christmas tree.

"More," David insisted. *(continued)*

THE LAWYER WHO LOVES CHRISTMAS

He's a busy lawyer and father of two, but Gerald Toner makes time to write a Christmas story every year. "Remember the Oranges" is one of ten collected in his new book, *Lipstick Like Lindsay's and Other Christmas Stories.* The self-described Christmas fanatic has written steadily since law school, typing away on an old black typewriter late at night when the rest of the family is in bed. Toner has written about many subjects: Most recently, he finished a novel—his second—based on his high school reunion. But his specialty is holiday stories.

Toner says he writes about this season to explore what happens at "that time of year when things change, when the good side of people shines through." His work reflects that notion: His characters are often harried or distracted—just like the rest of us—and the spirit of the season catches them by surprise.

"Remember the Oranges" is based on Toner's own life. He lost his mother as a boy, and was very close to his grandmother. Also, "my great-grandfather really was a riverboat captain who drowned in an accident on the river. It was Grandma's Great-Aunt Bell who appeared at the last minute to make Christmas happen," oranges and all, he says.

Does the forty-year-old Kentuckian have any advice for making the holidays more special? "Try to start a new tradition every year," he advises, "because otherwise you get into a rut." Toner's family has recently added one tradition: They sing carols at a nursing home.

This Christmas, the Toner family will celebrate the holidays at home, much as they usually do. And, as always, on Christmas morning there will be an orange in every stocking.

hen I saw what Royal Jelly did for me d my son, I started my own mpany!



years, Madeline Balletta suffered from an illness subse- y diagnosed as Epstein-Barr Virus, now known as Chronic e Syndrome. Virtually bedridden, she was too sick to care family or herself when a concerned friend gave Madeline Royal Jelly. Within weeks, she began to experience d vitality. Delighted with her dramatic improvement, ne then gave Regina Royal Jelly to her young son, Jason, as seriously debilitated after years of suffering from ial asthma. When he, too, experienced similar remarkable ement, Madeline decided to start her own company so eater numbers of people could benefit from this God-given, ural substance. Thus, Bee-Alive was born!

live was the chance to share essings and improved . For everyone interested in feeling nd living a vibrant, healthy lifestyle, ing testimony that there is a way! I aving experienced the beneficial f Regina Royal Jelly and witnessing s amazing renewed strength. I so excited about Royal Jelly that I Bee-Alive, Inc. Today, five short ter, Bee-Alive is a thriving, ly known company.

I follow a hectic schedule that those who knew me when I spent my days in bed. I travel constantly out the United States and Europe, the virtues of Regina Royal Jelly. such a joy to be associated with a me, natural product that enhances nd vitality, and to share my ge of this amazing food of the Bee! Bee-Alive Royal Jelly products be found in stores because I believe ized service is vital. Our toll-free connects you with your own caring, consultant who will take whatever necessary to listen to your concerns s follow your progress. Here at e, we truly care about you!

type of person is interested ina Royal Jelly? We at e receive hundreds of calls each day young and elderly, male and sick and healthy. For children, e has a special Royal Jelly blended ey to help their susceptible bodies ildhood ailments. For the elderly, quently complain of insomnia, or not le to get around as they used to, Regina Royal Jelly offers daytime vitality and nighttime tranquility. Athletes, such as runners and body builders, appreciate the effects of the many amino acids present in Royal Jelly, as do men who wish to acquire more physical and mental stamina. I believe Regina Royal Jelly is particularly beneficial for today's women who are overwhelmed with too much work, stress and responsibility, as Royal Jelly seems to improve the immune system. It is generally believed that 80% of all illness is stress-related. If you are suffering emotional highs and lows, Royal Jelly can help you cope and enable you to achieve a feeling of well-being. Beauty-conscious European women have used Regina Royal Jelly for years. They have discovered what scientists have proven—that Regina Royal Jelly is extremely rich in pantothenic acid, which is believed to slow the aging process.



What is Royal Jelly? Royal Jelly is not a honey or pollen. It is actually bee's milk, made in nature's own laboratory, so it cannot be duplicated by man. The Queen Bee's longevity can be traced to her exclusive Royal Jelly diet. She lives almost six years, while the worker bees, who subsist on merely honey and pollen, live approximately six weeks!

Why Regina Royal Jelly is unique.

To my knowledge, Bee-Alive is the only company in the United States that has pure, unprocessed Royal Jelly in encapsulated form. In the interest of purity, potency and freshness, none of our Regina Royal Jelly products are processed or freeze-dried. In addition, to assure you of the freshness of Regina Royal Jelly, a packaging and expiration date appears on all of our products.

Royal Jelly isn't just for royalty.

While members of the British Royal Family use Regina Royal Jelly, as do many celebrities, today Regina Royal Jelly is made available for everyone through Bee-Alive. As leading advocate, Pat Boone, states, "Regina Royal Jelly is for everyone who is sick and tired of being sick and tired." Remember, Regina Royal Jelly is not a cure, but it can help your body to help itself! Just as Regina Royal Jelly has influenced my life, I hope it will influence yours. Please give us a call at **1-800-543-BEES**. We're waiting to help you change your life, beginning now!

Madeline Balletta

Madeline Balletta,
Founder and President, Bee-Alive Inc.



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REMEMBER THE ORAN

continued from page 90

"More stories."

I knew more, but I couldn't thi them. Too many reflections durin day had dulled my powers of recall.

"Tell us about the Christmas Great-Grandma's daddy died," A urged. "You know, when her mo acted crazy and Great-Grandma's G ma Bell saved Christmas . . ."

The story existed from my own hood, told to me nearly thirty years b it tickled at the back of my mind refused to emerge. "I'm not sure I re ber. Did Grandma tell you that stor

Annie thought for a second. "Yes told David and me, at Thanksgiving

"How did the story go?"

"Well," Annie began, "Great-Granc mommy loved Great-Grandma's d very much. He was a riverboat cap and he drowned in an accident on the r And that year, Great-Grandma's mo said Santa had been told not to come that there wouldn't be any Ch mas . . . and Great-Grandma and her sister cried and cried . . . but when Ch mas morning came . . ." Annie sto trying to recall a detail. As she did story that I had not heard in thirty y came back to me.

". . . But in the dark of night," I be "after Grandma and her sister had g up all hope, Grandma's Grandma took Christmas into her own hands. arrived at midnight with a doll and piano and a new Sunday dress . . . r than Grandma and her sister had had for Christmas before. But more derful than anything else," I pau shaking my head slowly, "she hac membered the oranges . . . bright fresh and wonderful . . . more spe than sweets or cookies, or frankince gold and myrrh . . . brought in by exp train from the South . . ."

"And even though Great-Grandm Grandma Bell had lost her son, she membered the oranges in her gra daughters' stockings." David brought old story to its close.

The fire was burning well. The ever was young. There was time.

I got up, resettled David and Anni the couch, and started back to Susan

"I'll be back in an hour or so," I cal Susan nodded knowingly. She had b listening from the hall.

This time my path was clear. As ancient times, when the wisdom of elders was passed on to the yo through stories, and a little child said to lead them, so it was that nig When Barbie and G.I. Joe made th appearances on Christmas morni there would be some oranges in all of stockings as well . . . so that we might remember.

Let's get it together ...buckle up. GM



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*Cutlass Supreme SL Sedan EPA estimated 30 MPG highway. Both cars equipped with optional automatic transmission.

DECK THE HALLS

No time or money to go all out trimming the house this year? You can still give every room fun and festive flair with these imaginative tips

Flights of fancy
Bird cages are the hottest accessory today. If you've got one, dress it up! Fill with greens and red Christmas balls, and top off with a cluster of red berries. Also special: a nest filled with colored Christmas balls.



A fruitful display
The prettiest ideas can also be the easiest. Paint a basket; add fruit, holly berries and leaves. A perfect welcoming arrangement for the hallway.



It's a wrap
We think wrapped boxes make delightfully simple decorations. Go for bright Christmas foil and cheery plaid ribbons. Another fun idea: Form a sack from foil and fill with Christmas balls.



As lovely as a tree
Create a charming, English-style mini tree: Take three graduated sizes of terra-cotta pots. Stack them, and cover with moss. Decorate with bells, bows and gold cord, and top off with a floppy gold ribbon.



New products

Two terrific products from Black & Decker make great gifts. ■ The Spacemaker Plus™ Thermal Carafe Drip Coffeemaker with a Digital Clock/Timer keeps coffee hot and fresh for hours. ■ The PowerPro Heavy Duty Cordless Vac, Black & Decker's most powerful model, is handy for every kind of cleanup.

Aurora



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How do you know how your holidays will turn out?





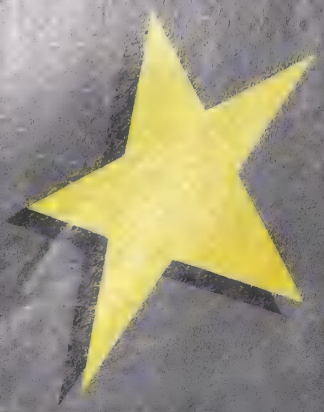


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Kodak



WANT TO BE A STAR GIFT-GIVER THIS HOLIDAY SEASON?

Check out the super new camera on page 135

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HOW TO BUY SMARTER CAMERAS

Bring the spirit of the holidays into focus with a gift th whole family will enjoy. Here, tips to make buying camera a snap.

By Amy Myer

Each holiday season, shutterbugs take close to 900 million photos. Whether you're planning to travel or gather 'round the hearth this year, the right camera will help preserve your precious moments. There's a wider variety of cameras available today than ever before, so to ensure you get the one that suits you, keep in mind the following guidelines.

Do your homework

Whether you're buying your first camera or replacing your old one, ask yourself these questions before heading to the store:

■ Are you looking for a camera to take on an outdoor vacation, or one to keep around the house to capture birthdays and holidays?

■ Do you like to experiment with different attachments, film speeds and light settings, or would you prefer a camera that leaves little for you to worry about?

Once you know what you want, bone up on the facts on various models. Your local camera club, found in most areas, is a good place to ask preliminary questions.

What you get for your money

There are two main types of 35mm cameras: single-lens reflex (SLR), and point-and-shoot. When viewing a scene through an SLR camera, you look through the lens that actually takes the picture, via mirrors and prisms. The viewfinder on a point-and-shoot camera is merely a window in the camera that lets you see a less exact version of what your picture will look like.

■ **35mm SLR** Because they usually have the most features for creative control, such as interchangeable zoom and wide-angle lenses, and numerous exposure and film-speed settings, these cameras are the most complicated to operate. While most SLRs offer a wide range of automatic features, the top-of-the-line cameras also permit you to override the automatic settings for greater flexibility. Auto-focus SLRs can be used with a variety of lenses, with special features such as "track focusing," which focuses on moving subjects as well as stationary ones. SLRs are the most costly of cameras, ranging in price from $388 to $2,427, though professional models can cost as much as $5,535.* They are usually the choice of more serious photographers.

■ **Fully automatic 35mm** The mo popular in recent years, these have revolutioniz the point-and-shoot market, now that people c have the ease of the old 110 Instamatics with t improved quality of 35mm film. These cameras everything for you but take the picture, and usual include features such as auto-focus, auto fil advance and rewind, auto-flash and self-timer While they usually yield the best photos for th least effort, there is little room for creativity, suc as manipulating light effects. Prices vary from $- for a basic point-and-shoot camera to $550 for a auto-focus camera with zoom lens. The compa **Pentax PC-505** retails for about $17 **Kodak's** Star Series cameras range fro $44.95 to $79.95; the lower-priced models requi manual advance and rewind.

■ **Waterproof/weatherproof** De signed to be used outdoors or under water, thes cameras are extremely rugged. Most are full automatic (for those shots you take while raftin down a raging river) and come in a protective cas equipped with handgrips to help you keep th camera steady. Models run from $150 to $62 For about $300, the **Minolta Weather matic Dual 35** is loaded with features Whether you're camping in the rain or swimming i your pool, the photo quality is amazingly clear.

■ **Instant** Intended for the most impatient o photographers, these cameras are a hit at parties For the significantly higher cost of the film you can have your pictures within minutes, but they are often lower in quality than other point-and shoot models. Camera prices range from $59 to $219.

■ **Disposable** Camera buffs are thrilled about this latest fad. These disposable cameras sell for $8 to $14, and come with film already in them With the **Kodak Weekend 35** you can even take pictures under water. Disposables are perfect for spur-of-the-moment photo shoots or those times when you forget to bring your camera on vacation. Industry experts say these relatively new cameras will probably be one of the hottest Christmas gifts of the nineties. An added bonus: The camera's cardboard housing is recyclable.

No matter what camera you buy, you and yours will love to remember the spirit of the seasons past through photos. But do take time out from picture-taking to join in the celebration.

*List prices. Shop around for the best buy.



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Maytag Blue Cheese, Newton, Iowa World-famous blue cheese since 1941. Wheels, from $16.75 to $30.75; assorted wedges, from $21.50 to $36.00. To order, call 800-247-2458; in Iowa, 800-BLU-CHES or 515-792-1133.

Cocolat Chocolate Truffles, Berkeley, California One of the best chocolatiers in the country, Cocolat makes a truffle that is truly memorable. The Cocolat Assortment: one dozen assorted truffles (Dark on Dark, Grand Marnier, Amaretto, Kahlua, Blanc de Blanc, Milk Chocolate Almond) in a beautiful gift box, $32.95. The Connoisseur's Choice: one dozen bittersweet dark-on-dark chocolate truffles, $32.95. Call 415-843-1182.

Collin Street Bakery Fruitcake, Corsicana, Texas The Original DeLuxe Fruitcake, available only by mail, is full of Southern Mammoth pecans (nearly 30 percent of the weight of each cake) and fancy fruits. Each is shipped in a tin designed for the bakery of the forties. From $11.85 to $28.20. To order, call 800-248-3366 (October to December); 214-872-8111 (all other times).

Harrington's Smoked Ham and Turkey, Richmond, Vermont Since 1873, they've provided the finest corncob - and maple-smoked meats. They sell gift certificates and will mail them as well. Blue Ribbon boneless, fully cooked, Vermont Cob-Smoked Ham, three to four pounds, $35.50; The Original Harrington Maple-Glazed Party Ham, six and a half pounds, $63.85; thirteen pounds, $99.95. SmokeHouse Gift Box: six pounds Cob-Smoked Ham, half pound Canadian Bacon, three-quarters pound Harrington's Cob-Smoked Bacon, half pint Vermont Maple Syrup, $62.95. Call 802-434-4444.

Wolferman's English Muffins, Lenexa, Kansas Two inches thick and three inches wide, the Original muffin has been Wolferman's specialty for one hundred years. Now there are a dozen more varieties, including Cheddar Cheese and



Apple Raisin Cinnamon—each as big and beautiful as the original. Four to a package; six packages, $16.50. To order, call 800-999-0169.

Harry and David Fresh Fruits, Medford, Oregon Reputed to be America's original shipper of fresh-fruit gifts since 1934, Harry and David are famous for the large Royal Riviera Pear from the Rogue River Valley. Six-pound gift box (six or eight "Cream of the Crop" pears, wrapped), $24.95. The famous Fruit-of-the-Month Club: The three-box club sends pears at Christmas, apples in January and oranges in February, $55.95; the twelve-box club sends fresh fruit every month, $219.95. Call 800-547-3033.

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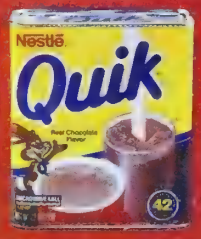
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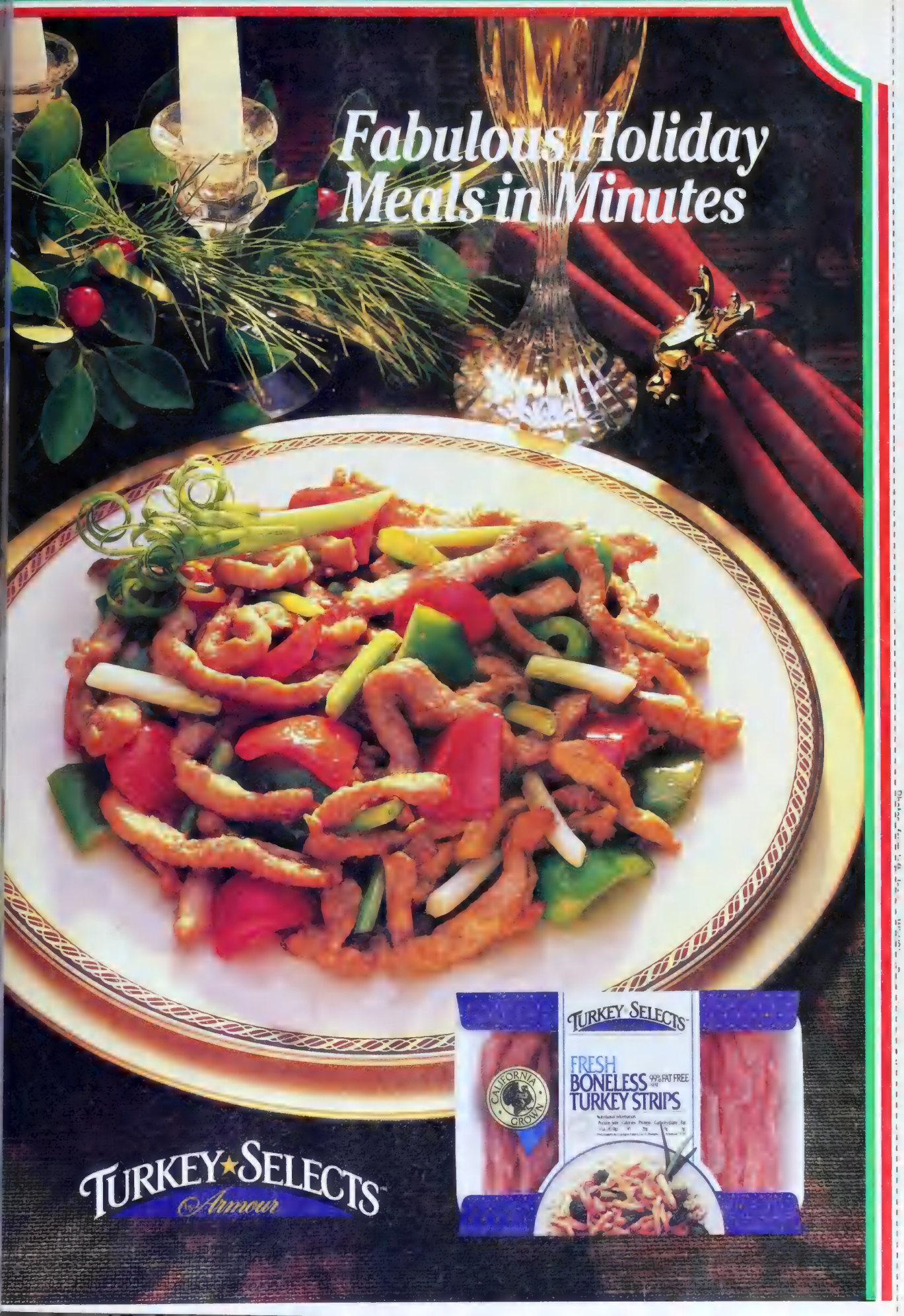
Runaway Cheese Tray!



Look for the Wisconsin Cheese display in your store and pick up this colorful, cardboard train for your holiday table. See attached recipe.

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Easy Holiday Desserts



Easy to make.
Hard to resist.™

MINI CHEESECAKES

Prep time: 35 minutes, Baking time: 20 minutes, Total time: 2 hours
(Makes about 2 dozen)

- **1½ cups graham cracker crumbs**
- **¼ cup sugar**
- **¼ cup margarine or butter, melted**
- **3 (8-ounce) packages cream cheese, softened**
- **1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
- **3 eggs**
- **2 teaspoons vanilla extract**
- **1 (21-ounce) can Comstock® Filling or Topping, any flavor, chilled**

Preheat oven to 300°. Combine crumbs, sugar and margarine; press equal portions onto bottoms of 24 lightly greased* *or* paper cup-lined muffin cups. In large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Add eggs and vanilla; mix well. Spoon equal amounts of mixture (about 3 tablespoons) into prepared cups. Bake 20 minutes or until set. Cool. Chill. Top with filling. Refrigerate leftovers.

Chocolate: Melt 1 cup semi-sweet chocolate chips; add to batter.

*If greased muffin cups are used, cool baked cheesecakes. Freeze 15 minutes; remove with narrow spatula.





COMSTOCK

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CHERRY CHEESE BROWNIE SQUARES

Prep time: 20 minutes (Makes 10 to 12 servings)
Total time: 1½ hours

1 (21.5- or 23.6-ounce) package fudge brownie mix
1 (8-ounce) package cream cheese, softened
1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
1 egg
1 teaspoon almond extract
1 (21-ounce) can Comstock® Cherry Filling or Topping, chilled

Preheat oven to 350°. Prepare brownie mix as package directs. Spread into lightly greased 13x9-inch baking pan. Bake 20 minutes. Meanwhile, in small mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk then egg and *½ teaspoon* almond extract. Pour evenly over brownie layer; bake 25 minutes longer or until set. Cool. Chill. Stir remaining *½ teaspoon* almond extract into cherry filling. Serve with brownie squares. Refrigerate leftovers.





APPLE PUMPKIN DESSERTS

Prep time: 20 minutes (Makes 8 to 10 servings)
Total time: 1 hour

1 (21-ounce) can Comstock® Apple Filling or Topping
1 (16-ounce) can pumpkin (about 2 cups)
1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
2 eggs
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
½ teaspoon salt
1 cup gingersnap crumbs (about 18 cookies)
2 tablespoons margarine or butter, melted

Heat oven to 400°. Spoon apple filling into 8 to 10 custard cups. In large mixer bowl, beat pumpkin, sweetened condensed milk, eggs, cinnamon, nutmeg and salt; spoon over apple filling. Combine crumbs and margarine. Sprinkle over pumpkin. Place cups on 15x10-inch jellyroll pan. Bake 10 minutes. Reduce heat to 350°; bake 15 minutes or until set. Cool. Refrigerate leftovers.





CREAMY BAKED CHEESECAKE

Prep time: 20 minutes (Makes one 9-inch cheesecake)
Total time: 4 hours

1¼ cups graham cracker crumbs
¼ cup sugar
⅓ cup margarine or butter, melted
2 (8-ounce) packages cream cheese, softened
1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
3 eggs
¼ cup ReaLemon® Lemon Juice from Concentrate
1 (8-ounce) container sour cream
1 (21-ounce) can Comstock® Lite Cherry Filling or Topping, chilled

Heat oven to 300°. Combine crumbs, sugar and margarine; press into 9-inch springform pan. In large mixer bowl, beat cheese until fluffy; beat in sweetened condensed milk until smooth. Beat in eggs and ReaLemon® brand. Pour into prepared pan. Bake 50 minutes or until center is set; top with sour cream. Bake 5 minutes. Cool. Chill. Top with filling. Refrigerate leftovers.





epted by their male
East, many are doing

By Andrea Gross

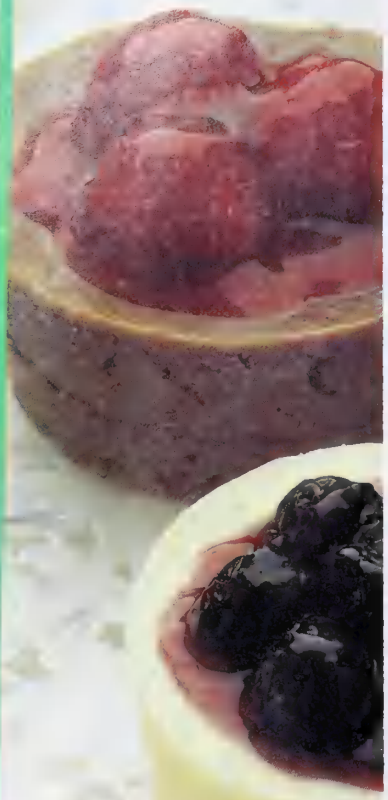


rifle; a member of the 82nd
nding tall at a Saudi airfield

jogging routines and running
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omen are living a much harder life
the men because of these restric-
," says Congresswoman Pat
oeder (D-Colo.), a senior mem-
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ary women. "If they can do their
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eir jobs anywhere."
'omanpower has been a long time
ing to the military; twenty-five
s ago, females made up only 1.2
ent of the personnel and served
ly in traditional fields like nurs-
and administration. Then, in
, the U.S. abandoned the draft.
t of male volunteers, the Penta-
urned to women to fill in the gap.
oday, the 230,000 women on
e duty make up 11 percent of all
rican service personnel, and their
lescriptions have *(continued)*

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Easy



Easy to make.
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CARAMEL APPLE WALNUT SQUARES

Prep time: 30 minutes (Makes 10 to 12 servings)
Total time: 1 hour

- 1¾ cups unsifted flour
- 1 cup quick-cooking oats
- ½ cup firmly packed brown sugar
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 cup cold margarine or butter
- 1 cup chopped California Walnuts
- 20 caramels, unwrapped
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- 1 (21-ounce) can Comstock® Apple Filling or Topping

Preheat oven to 375°. In large bowl, combine flour, oats, sugar, baking soda and salt; cut in margarine until crumbly. Reserving 1½ cups crumb mixture, press remainder on bottom of 13x9-inch baking pan. Bake 15 minutes. Add walnuts to reserved crumb mixture. In heavy saucepan, over low heat, melt caramels with sweetened condensed milk, stirring until smooth. Spoon apple filling over prepared crust; top with caramel mixture then reserved crumb mixture. Bake 20 minutes or until set. Cool. Serve warm with ice cream.



CHERRY ANGEL CREAM CAKE

Prep time: 30 minutes (Makes 12 to 16 servings)
Total time: 4½ hours

- 1 (10- to 12-ounce) prepared angel food cake, frozen if desired
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- 1 cup cold water
- 1 teaspoon almond extract
- 1 (4-serving size) package *instant* vanilla flavor pudding mix
- 2 cups (1 pint) whipping cream, whipped
- 2 (21-ounce) cans Comstock® Cherry or Peach Filling or Topping

Cut cake into ¼-inch slices; arrange half the slices on bottom of 13x9-inch baking dish. In large mixer bowl, combine sweetened condensed milk, water and extract; mix well. Add pudding mix; beat well. Chill 5 minutes. Fold in whipped cream. Spread half the cream mixture over cake slices; top evenly with one can cherry filling. Top with remaining cake slices, cream mixture and cherry filling. Chill 4 hours or until set. Cut into squares to serve. Refrigerate leftovers.



MINI CHEESECAKES

Prep time: 35 minutes (Makes about 2 dozen)
Total time: 2 hours

- 1½ cups graham cracker crumbs
- ¼ cup sugar
- ¼ cup margarine or butter, melted
- 3 (8-ounce) packages cream cheese, softened
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- 3 eggs
- 2 teaspoons vanilla extract
- 1 (21-ounce) can Comstock® Filling or Topping, any flavor, chilled

Preheat oven to 300°. Combine crumbs, sugar and margarine; press equal portions onto bottoms of 24 lightly greased* *or* paper cup-lined muffin cups. In large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Add eggs and vanilla; mix well. Spoon equal amounts of mixture (about 3 tablespoons) into prepared cups. Bake 20 minutes or until set. Cool. Chill. Top with filling. Refrigerate leftovers.

Chocolate: Melt 1 cup semi-sweet chocolate chips; add to batter.

*If greased muffin cups are used, cool baked cheesecakes. Freeze 15 minutes; remove with narrow spatula.

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Preheat oven to 300°. Coml
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until set. Cool. Chill

Chocolate: Melt

*If greas
Freeze

COMSTOCK

BORDEN IF IT'S BORDEN-IT'S GOT TO BE GOOD

WOMEN UNDER FIRE

or years, military women have battled to be fully accepted by their male olleagues. During America's show of force in the Middle East, many are doing angerous jobs. Are they fit—and ready—to fight? **By Andrea Gross**






e many faces of military womanpower (from left): A Marine shoulders her rifle; a member of the 82nd borne Division troops the sands; a member of Operation Desert Shield; standing tall at a Saudi airfield

They drive trucks and fly helicopters; direct missile launches and command ground crews. Since the Persian Gulf crisis began last August, America's military women have been playing an extraordinary part in Operation Desert Shield. Every night on TV newscasts, we see them slogging through the Saudi Arabian sands in desert camouflage, lugging the same bulky sixty-six-pound rucksacks as their male comrades. We witness all the touching family farewells of young mothers who've been called—so many, in fact, that this has been nicknamed "the Moms' war."

Clearly, it's not "this man's Army"—or Navy or Marines or Air Force—anymore. As the Mideast conflict has vividly illustrated, women have made themselves essential to the U.S. Armed Forces. They're performing a wider range of duties than ever before, and in places where they used to be barred. Just seven years ago, four Army military policewomen who had arrived in Grenada after the invasion were quickly sent home again until the worst was over; today, it's estimated that up to 11 percent of U.S. forces in the Gulf—or as many as fifteen thousand troops—are female. "This crisis will demonstrate to people that women are an integral part of the armed forces, that we couldn't do the job without them," says Lawrence Korb, former assistant secretary of defense for manpower under the Reagan administration.

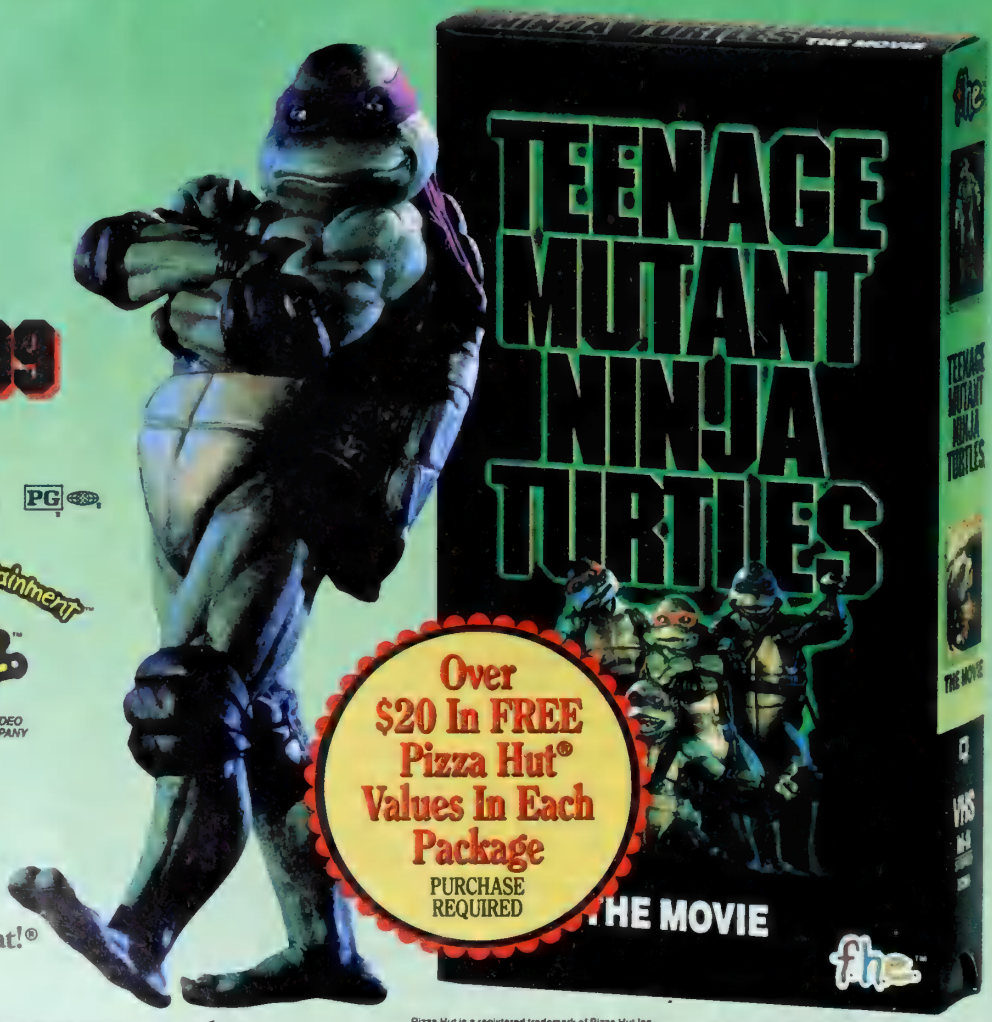
Not only are they doing their part, but they're carrying an extra burden: the hostility of many Saudis to American-style equality. Saudi women do not drive, wear shorts or work among men; to avoid offending an ally, U.S. servicewomen are sweltering in long sleeves instead of T-shirts, skipping their jogging routines and running errands only in the company of a man. "Women are living a much harder life than the men because of these restrictions," says Congresswoman Pat Schroeder (D-Colo.), a senior member of the House Armed Services committee and a leading advocate for military women. "If they can do their jobs under these conditions, they can do their jobs anywhere."

Womanpower has been a long time coming to the military; twenty-five years ago, females made up only 1.2 percent of the personnel and served mostly in traditional fields like nursing and administration. Then, in 1973, the U.S. abandoned the draft. Short of male volunteers, the Pentagon turned to women to fill in the gap.

Today, the 230,000 women on active duty make up 11 percent of all American service personnel, and their job descriptions have *(continued)*

Photos, from left: Jacques Witt/Sipa Press, J. Langevin/Sygma, Delahaye Luc, Bill Gentile/Sipa Press.

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WOMEN UNDER FIRE
continued

panded to include teaching jet-fight- pilots how to fly and raw recruits w to shoot. "I let them know I can do ything," says Army Sergeant Lisa dolph, twenty-seven, of Fort Jack- n, South Carolina, who was this ar's runner-up in the national drill- rgeant competition. "I am capable of aining them, teaching them what ey need to know and beating them at ace—and they learn to respect me." Remarkable as these advances are, rvicewomen still have a long way to Because they're forbidden to be rt of a combat unit—by law in the vy, Air Force and Marines, and by licy in the Army—women confront a wildering array of conflicting poli- s. They can serve on Navy supply ps, for example, but not on combat ps patrolling the same enemy wa- s; they can refuel planes or fly ops over enemy territory, but not nmand fighter planes in the same es. Many women feel these limita- ns relegate them to the status of ond-class soldiers and hamper ca- r advancement.

ldiers—and mothers

atever the obstacles to progress, men are enlisting in record num- s. Why? Mostly, they want to serve the same reasons men do. Patrio- m is one, of course, mixed with the ire for a little adventure. "I'm ined for it, and now that the real ff is happening, I want to go so l," confides Army Staff Sergeant Te- a Irizarry, now an administrator at t Sheridan, Illinois.

Many also join because—however tricted it might be—a military ca- r seems to offer them the best nce for education and self-fulfill- nt. "When I was eighteen, I had a ice," says Lieutenant Colonel Lo- a Behrens, of Lackland Air Force e, in Texas. "I could either join the itary and see the world, or stay in rksville [Texas] and be a waitress." er twenty years of service, she has pleted college, spent several years both Europe and Asia, and is a adron commander in charge of rly three hundred people, about e-quarters of whom are men.

Military life is not always so fulfill- in family terms, however. Yes, e are subsidized day-care centers good schools at many bases, as as subsidized housing and inex- sive shopping at the PX. But the ands of the job are unparalleled. tary personnel often put in twelve- urteen-hour workdays. They can be red to report to work at three in the morning, respond to a midnight alert or go into the field for days at a time. In the case of an emergency, like the Persian Gulf crisis, they may have to deploy on fewer than fifteen hours' notice. Often, family must take second place.

"It's hard," says Army Sergeant Patricia Tudor, twenty-two, who has a two-year-old daughter, Aimée. "It's *very* hard." Tudor and her husband, Jaime, are both medical specialists (similar to paramedics), and both were shipped out from Fort Ord, California, to Panama last year for thirty-two days.

Luckily, Tudor was able to convince her regular day-care helper to move in and watch over Aimée while her parents were gone. (Like all servicewomen who have husbands in the military or are single mothers, Tudor was required to appoint a legal guardian to care for her child in case she is deployed or killed.) She knows she might be sent away again at any moment. And while she understands her duty, the prospect worries her nonetheless. "We all knew what we were getting into [when we joined the Army], and it's part of the job and all that, but . . ." Her voice breaks. "*Me* going? Please, I have a little girl . . ."

Fighting for their rights

Military women also confront career challenges that are familiar to civilian women as well—sexual harassment and job discrimination. The Pentagon recently released the results of its first major study of sexual harassment in the military: Of 9,500 women surveyed, two out of three women reported harassment from colleagues. Another study revealed that three out of four women in the Air *(continued)*

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■ WOMEN UNDER FIRE
continued

Force—regarded as the most equality-minded of all the armed forces branches—had experienced sexual discrimination or harassment (anything from a sexist comment to inappropriate touching or overtures).

While some predict that this problem will fade with the retirement of older officers—presumed to be more rigid in their thinking—there are signs that all is not well among younger leaders, either. Last December, just before the annual Army-Navy football game at Annapolis, two male midshipmen forcibly handcuffed classmate Gwen Marie Dreyer, nineteen, to a urinal and snapped pictures of her while a group of other young men looked on and jeered. The instigators were later punished with one month's loss of leave time and demerits on their records; six of the onlookers received written reprimands.

A disillusioned Dreyer resigned from the Academy, citing both the bathroom incident and the treatment of women in general. Superintendent Rear Admiral Virgil Hill, Jr., then announced the school would "try very hard to prevent violations of human rights," while adding, "but we also accept the fact that mistakes will happen."

Military women who are suspected of being lesbians are particularly vulnerable to harassment. Homosexuality remains grounds for automatic discharge from the armed services, but according to the Pentagon's own statistics, women are about three times more likely to be dismissed because of homosexuality than are men. "Lesbian-baiting is one way to get women out of the military," says Paula Ettelbrick, legal director for Lambda Legal Defense and Education Fund, a national lesbian- and gay-rights organization.

Army Major Hope Gentle, forty-three and single, says that she has been victimized by this attitude. Two years ago, talk-show personality Geraldo Rivera hosted a segment on "Gays in Uniform." One of his guests was a woman who rents part of Gentle's Wis-

The front lines are "the last tree house, the one place where a man can still post a 'No Girls Allowed' sign and women must obey it," says Congresswoman Pat Schroeder.

consin home; another guest remained anonymous, hidden behind a screen. Army investigators believed Gentle was the unseen woman.

"They don't go after confirmed felons with the same fervor with which I've been tracked," Gentle says. According to Gentle, who says she has seen her file, investigators checked with the Federal Aviation Administration and two airlines to see if she had flown to New York prior to the show's taping; they interviewed the drivers of the limousine service that transports Rivera's guests, and they checked the guest register of a Manhattan hotel. "They can't prove it was me, but I can't prove it *wasn't*," says Gentle, who insists she is not a lesbian. During the investigation, which lasted more than two years, her security clearance was suspended, and despite seventeen years of exemplary service, she has yet to be promoted to lieutenant colonel.

The last tree house

For any woman, promotion to the higher ranks remains difficult; many say they run smack into a "brass ceiling." For example, of the top one thousand

ty-four officers in the military, only ht are women. Some Pentagon offi- ls argue that these discouraging sta- tics will improve by the end of the ade, when the bulk of female officers l have been in the service twenty- e years—the time it typically takes to ieve high rank.

Still, the highest barrier for women nains combat exclusion. "The policy s that women are different and, in t, less valuable," says Patricia land, executive vice-president of National Organization for Women OW). "The military's job is imately to be prepared for combat, l the automatic presumption is that nen can't cut it."

Because of the exclusion, women can- assume the high-profile leadership itions that usually assure promo- n. Complains Marine Corps Captain riana Pearson, an aircraft mainte- nce officer, "One of my peers, a man, s with a squadron that went to the sian Gulf during the Iran-Iraq war. got a combat fitness report and a dal for that. I will never have the ortunity to have that kind of thing ny record, even though he was do-

let them know I can do thing," says Army Sergeant a Rudolph, who was this r's runner-up in the nation- drill-sergeant competition.

the exact same job there, on a ship, . I'm doing here at Camp Pendle- All other things being equal, he have the edge when it comes romotions."

here is pride at stake, too, says rson. "Why is it acceptable for buddy, who's a guy, to be in danger not me? I can do the same job, and e all in this together."

me supporters of the policy argue women are not physically strong gh to handle combat gear such as -pound shells that are loaded into e guns; others contend that the ence of females would somehow in- pt male bonding and willingness ght. Still others say the country ready to see women killing or be- killed (though in fact, this is not from reality now; many service- en are carrying arms in the Mid- and there have been female casu- alties in every war fought by the U.S. in this century).

Last January, after several Army women were lauded for their courageous actions during the Panama invasion, Congresswoman Schroeder proposed a four-year test during which the Army would integrate women into its combat units. The bill never made it out of subcommittee. "This is the last tree house," says Schroeder. "It's the one place where a man can still post a 'No Girls Allowed' sign and women are forced to obey it."

Schroeder believes, though, that the Mideast crisis, along with technology, is blurring all the distinctions between front- and rear-line jobs, and she plans to reintroduce her bill in the next session of Congress. Women are already at risk in the Persian Gulf, she notes, since they serve in the vital communications, supply and refueling centers that are often the first targets of an attack. "If it gets to a combat situation, the women are going to be there," she says. "We're not going to be able to bring them all back if the shooting starts."

Indeed, many women see the conflict as a chance to prove themselves once and for all. Says Carrie Sullivan, a sergeant at Camp Pendleton who has volunteered for Middle East duty, "I don't want to be a pretend Marine. I want to sweat right along with the men. I want to feel I've contributed."

Whatever the outcome of the standoff in Saudi Arabia, America's servicewomen have already won a major victory by making their contributions impossible to ignore. ■

Andrea Gross is a contributing editor of Ladies' Home Journal.

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READERS' JOURNAL

OOL SMARTS

elementary school teacher or principal reads your September education sec-, "School smarts: Help your child make grade," will be delighted with its mes-e. You zeroed right in on the important mes: teaching children how to think, ding their self-esteem, learning by ex-ience, and the critically important mes-e of how parents can help their children. Thanks for "coming to the principal's ce" for this special report. Your fine gazine has performed a great service American families and their schools.

Samuel G. Sava, exec. director, National ociation of Elementary School Principals

t finished reading "Are your kids ready kindergarten?" Too often parents push r children to read and write or know alphabet before they're in school. As a ergarten teacher, I am always remind-my parents to enjoy their children, to them and play with them, and I use he points mentioned in your article.

—Becky Copenhaver, Canton, MI

ORIES OF RYAN

responding to the article "I don't want son to be forgotten" in the August e. I never knew Ryan White, yet I v he had more courage and more heart any of the people who made fun of in Kokomo. Ryan tolerated a lot of asm and ignorance but maintained a , friendly and caring personality. se let his mother know that he will r be forgotten.

—Lisa R. Kimak, Minooka, IL

MEN AND INFIDELITY

ks for the article "Why women cheat," arol Botwin, in the October issue. It is bject I am dealing with in my own life. be I can change whatever I need to in r to stop seeing the other man.

you knew me personally, you would hocked to know about my infidelity. I you will continue to feature articles his subject so that women with this

obsession can understand themselves better and resolve the problems in their marriages or, if necessary, divorce their husbands to acquire the independence they may need. **—Name withheld, Texas**

SUPPORT FOR HEART-ATTACK VICTIMS

I just finished reading "A woman today: fighting for three lives" in your October issue. I had two heart attacks at the age of thirty-five, culminating in emergency triple-bypass surgery in 1984. I was the single mother of a nine-year-old son.

I was devastated. Just as Julianne Procich mentioned, I, too, found that Mended Hearts couldn't answer all my needs, as I was also so much younger than the other fine people who were part of the organization. I had to seek private counseling in order to handle the adjustment required. I'm glad Ms. Procich plans to start a group for young heart patients.

—Peggy R. Weiser, Sugar Land, TX

IMMUNE POWER

I wanted to let you know how much I liked Joan Lippert's article "How your immune system works" in your October issue. I found the article to be interesting, informative and very well written for such a technical subject. With the AIDS scare, it came at a time when your readers need information the most.

—Jasmine A. Mitchell, Chicago, IL

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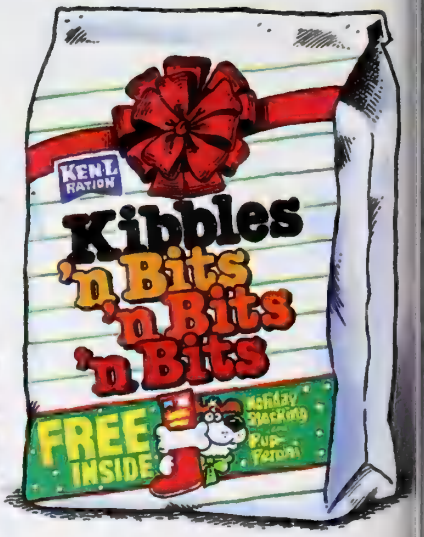
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UP FRONT

LHJ'S FOLLOW-UP ON CURRENT NEWS, VIEWS AND WHO'S WHOS

THE WOMAN WHO WAITS

Nathaniel and Margie Howell love to celebrate Christmas with their two sons, but there's little chance they'll be doing so this year. Nathaniel Howell, America's ambassador to Kuwait, has been imprisoned in the U.S. embassy there since August 24, when the invading Iraqi army laid siege to the compound. Soldiers surrounded the embassy, shutting off power in an effort to force the Americans to surrender.



MARGIE HOWELL PRAYS FOR THE RETURN OF HER HUSBAND, OUR AMBASSADOR TO KUWAIT (RIGHT, WITH JESSE JACKSON)

Howell and the small group of staff members with him won't give in, however, despite conditions that worsen every day. Food is limited—they're living largely on tuna fish—and so is water. No one knows how long they can hold out.

Still, they are not completely cut off, and Margie has been comforted by brief calls from her husband every few days via a special State Department phone. "The phone's become my lifeline," she says, sitting in the Howells' Charlottesville, Virginia, town house. "I feel reassured just to talk to him. Nat's holding steady. He's also outraged, and that fuels him and keeps up morale for the others. They know why they're there and they're going to last as long as they can."

Margie left Kuwait in July, just a few weeks before the invasion; her husband planned to follow soon after. "Nat was supposed to step down as ambassador," she says. "I came home ahead of him for my father's eighty-fourth birthday."

Then, in the early hours of August 2, she got a telephone call from Edward Gnehm, who was to be the new ambassador to Kuwait. "He said, 'Margie, the Iraqis have invaded.' "

For two nerve-racking weeks, Margie had no direct contact with Nat. Each day, her anxiety grew. Finally, she spoke to him in mid-August; he assured her that he was fine.

Although Iraqi troops had been stationed on Kuwait's border since late July, Margie says there had been no indication that they would actually attack. "I know my husband had no warning," she says firmly. "He would not have let this befall people. He would have had them out of there."

This is not the first crisis the Howells have faced. During Nat's twenty-five-year diplomatic career, they've lived in other Mideast trouble spots including Beirut, where Nat worked in 1975, during the early days of the civil war in Lebanon.

Margie always maintained her own career, teaching and working as a psychiatric nurse. She also raised their sons Chip, *(continued)*

THE LHJ '90s NETWORK

Recently, the Motion Picture Association of America dropped the "X" rating—which was applied to porn movies as well as artistic ones—and created the "NC-17" rating (no children under seventeen admitted), which is intended only for worthwhile films with adult content. Do you approve?

A) Yes; it will distinguish art from trash.

B) No, it still doesn't go far enough—films with explicit nudity should not be shown.

C) No, the ratings are still confusing. We need a simple system, with "S" for sex and "V" for violence.

Call 900-370-5626 from November 16 to December 15 to vote. The first minute costs you seventy-five cents; each minute thereafter costs fifty cents. Use a touch-tone phone.

(continued) twenty-eight, and Edward, twenty-six, who hold civilian jobs with the Department of Defense. Now she's a volunteer for a State Department task force that welcomes home U.S. citizens who have fled Kuwait and offers hope to families whose loved ones are still hostages.

Margie herself finds solace in going to church. "It's very comforting knowing that people are praying for us—for all of the people caught in this situation," she says. Family and friends also keep her spirits up. "I've heard from people I hadn't heard from in thirty years," she says. "That's very nice."

She talks to her sons after each call from Nat. "They're worried about him," she says. "They're also very, very proud of their dad." Chip and Margie are documenting the media coverage of Nat's ordeal, to show to him on his return.

As for the future, Margie doesn't dwell on the thought of a war with Iraq or her husband remaining hostage. "I can't even think about a shooting war," she says. "It's too frightening."

Instead, she's going ahead with plans for a family Christmas. "I'm hoping very much for a happy ending to all of this—that our people will be able to come home and be with their loved ones. And that Kuwait will, at some point, be Kuwait again."

—ELIZABETH MEADE HOWARD

SEASON'S GREENINGS

Each year, we chop down more than thirty-six million Christmas trees and trash almost eighty thousand tons of wrapping paper. Make this holiday safer for the earth with these tips:

SHOP SMART

■ Check local stationery stores for cards printed on recycled paper.

■ Avoid buying gifts with excess plastic packaging.

■ Plan your shopping to limit gas-guzzling trips to the mall.

BE EARTHY

■ For $30, save one acre of a Latin American rain forest in someone's name through the Nature Conservancy's Adopt-an-Acre program. The recipient gets an honorary deed to the land. Call 800-628-6860.

■ Give a whale of a present for $35 through Earthtrust's Adopt A Humpback Whale program. "Parents" get an adoption certificate; proceeds go toward saving the whales. Write Earthtrust, 2500 Pali Highway, Honolulu, HI 96817.

■ Help support an environmental organization. Cuddly pandas and other plush animals made by Determined Productions, Inc., can be found in retail stores. A percentage of each sale goes to the World Wildlife Fund.



BUY A STUFFED PANDA OR TIGER, AND HELP PROTECT THE REAL THING

WRAP IT UP

■ Reuse boxes, bows and ribbons.

■ Make your own wrapping paper from pretty shopping bags, wallpaper or fabric, or wrap gifts in festive dish towels or scarves.

STAY EVERGREEN

■ Decorate a potted tree or buy a live pine and plant it in the yard after the holidays.

■ If you buy a disposable tree, ask your local Department of Public Works if your town has a mulching program.

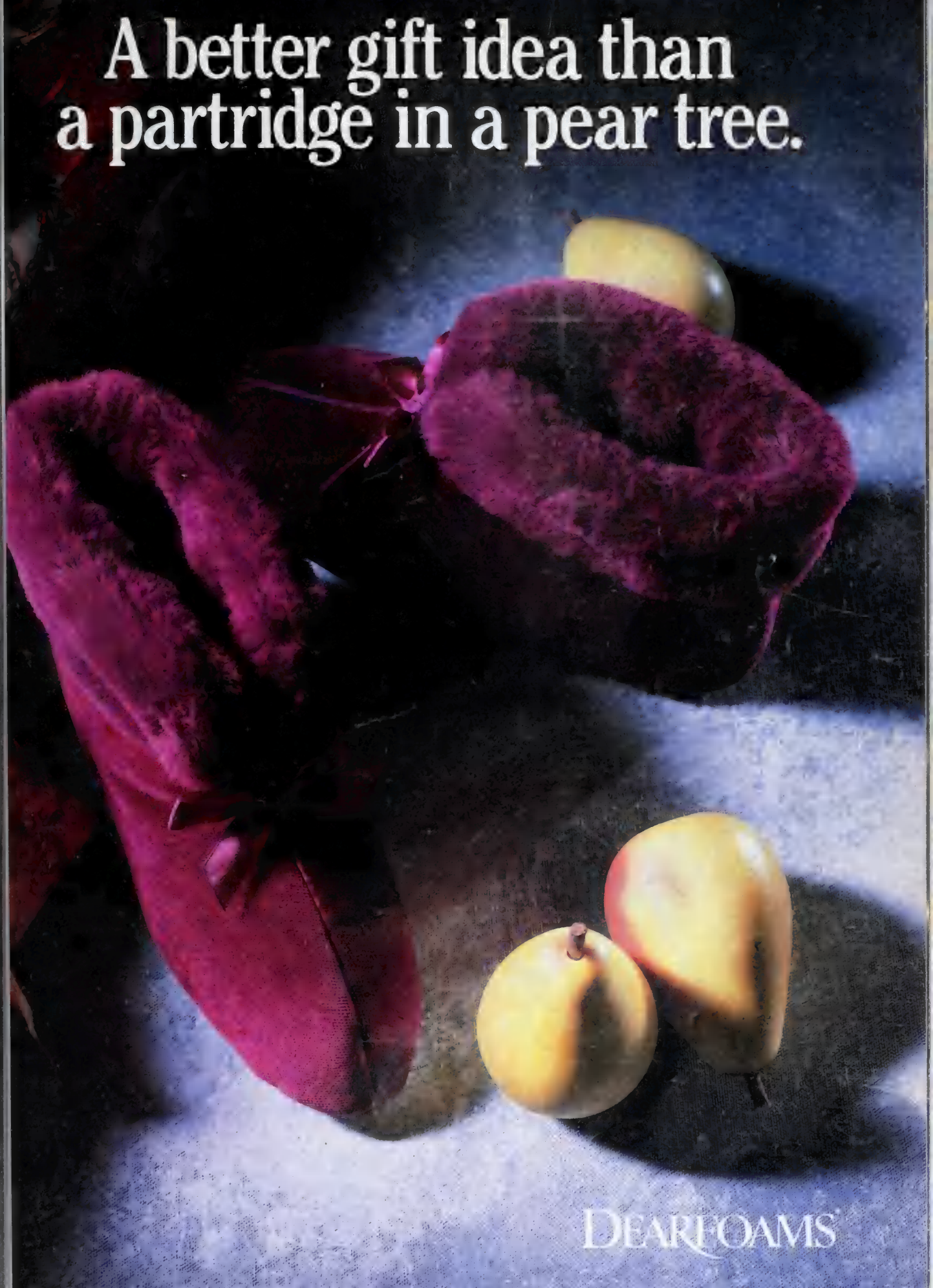
■ Don't decorate with tinsel; string popcorn and cranberries with the kids, or hang snowflakes made from scrap paper. —MARIANNE WAIT

look who's talking

"The characteristics that they criticize you for—that you are strong-minded, that you make firm and tough decisions—are also characteristics which, if you were a man, they would praise you for." —Margaret Thatcher, on her reputation as an "iron lady"

"My wife is offended that a woman can come in here and watch us dress. I don't think it's right, even if it is her so-called job."—Reggie White, linebacker for the Philadelphia Eagles, on how he feels about women reporters in the locker room

"As far as I know, we're divorced. But I've been so busy . . . that I haven't had time to check, so I'm not sure."—Mimi Rogers on whether her divorce decree from Tom Cruise has become final


A better gift idea than
a partridge in a pear tree.
DEARFOAMS

CHRISTMAS WITH CHRIS

Chris Burke would rather see the big holiday show at Radio City Music Hall in New York City this Christmas than deck the halls with boughs of Hollywood. Then again, to moderate retardation, doctors advised his mom to place him in an institution. Instead, Marian Burke and her husband, Frank, a police captain, brought their son up among three loving siblings and taught him everything they could.



"JUST GIVE DISABLED PEOPLE A CHANCE," SAYS THE UPBEAT STAR OF *LIFE GOES ON*, HERE, WITH HIS PROUD PARENTS

Life Goes On—as the title of his acclaimed series says—so if he can't make it home to Manhattan for the holidays, he plans to serve food to the homeless at a Los Angeles shelter. "I have a motto," Chris says. "Think of others, then of yourself."

Such compassion comes naturally to Chris, twenty-five, who knows what it's like to overcome obstacles. When he was born with Down syndrome, a genetic disorder that causes mild

Today, Chris has shown more progress than most people with Down syndrome: His health is good, and he reads at a fifth-grade level. "It's amazing," says Marian, marveling at her son's ability to work ten- to fifteen-hour days and memorize up to forty pages of script a week. "Whoever thought that this could happen?"

None other than Chris himself. At twenty-one, he decided to pursue his lifelong acting dream by taking night classes while saving up $300 for publicity photos from his job as an elevator operator at a school for handicapped children. Within a year, he landed a small part in an ABC pilot called *Desperate*, and network executives liked Chris so much they developed a family drama to showcase his talent. Enter *Life Goes On* and its spunky central character, Corky Thacher, who also has Down syndrome—or what Chris calls "Up syndrome."

Chris isn't content to be a TV role model; he also serves as a spokesperson for the National Down Syndrome Congress (800-232-6372) and for the Ronald McDonald McJobs program, which encourages employment of the handicapped. "I always wanted to be an actor. I always wanted to help the handicapped," he says. "Now I'm doing both."

With that, he tilts his head, widens his eyes, and drawls in perfect imitation of his hero Jimmy Stewart: "I have a wonderful family. I have a wonderful career. I have," he emphasizes, "a wonderful life."

—JoBeth McDaniel

SANTA'S THEIR CAUSE

Memo to aspiring Santas: Skip the loud ho-ho-ho's. "It scares the children," says Jenny Zink. She ought to know: As vice-president and national marketing director for Western Temporary Services in Walnut Creek, California, she's trained over eleven thousand men and a few women to talk and act like St. Nick for stores, malls and private parties.

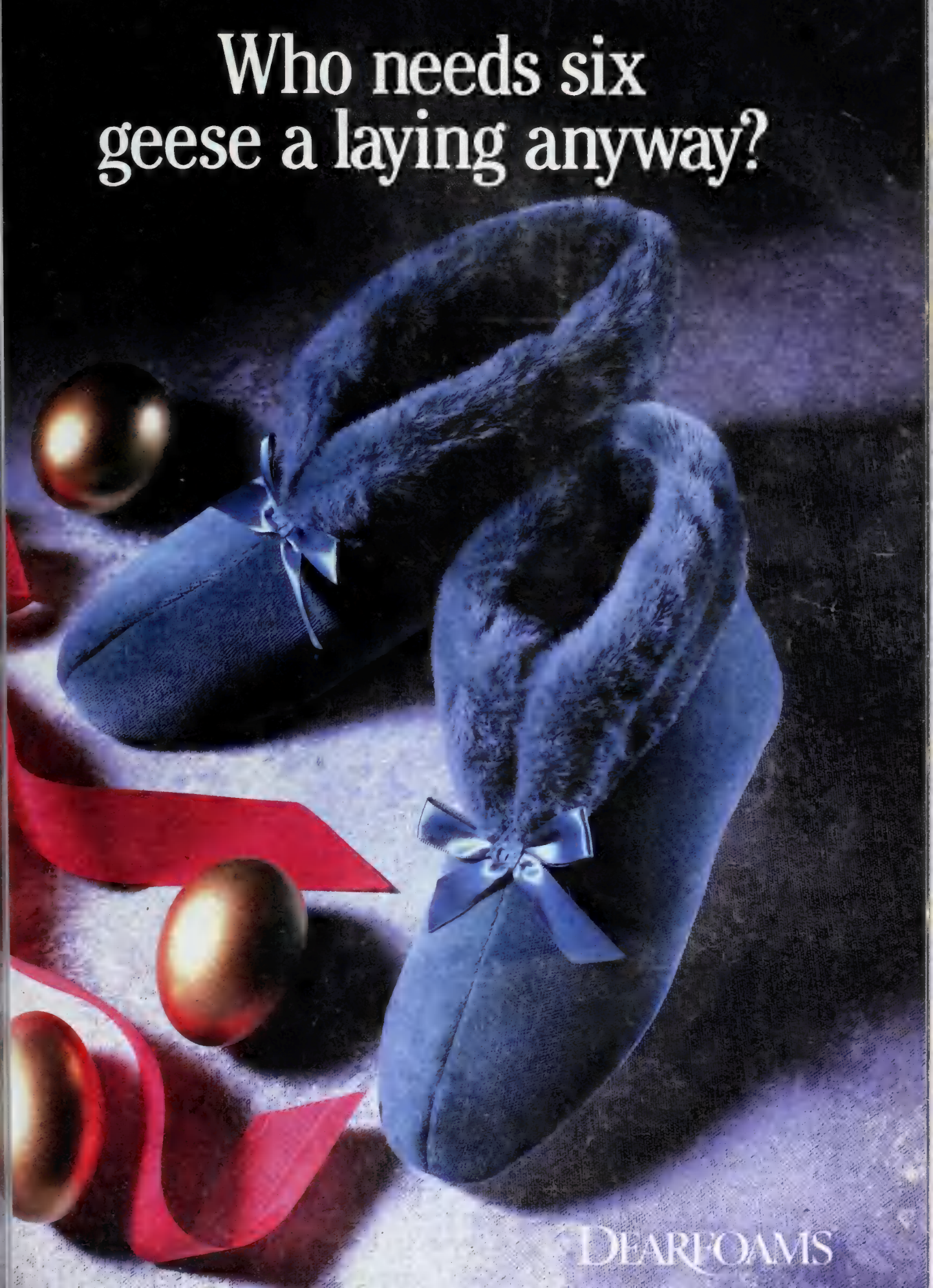
Other Santa guidelines: Do *tell the kiddies to mind their parents and eat all their vegetables.* Don't *drink, eat foods that leave you with bad breath—or flirt with the mothers.*

And expect the unexpected. "We had a Santa who didn't realize that the toddler he was talking to was untying the drawstring of his pants," Zink says. "When Santa got up, down came his pants! Thank God he'd put on red shorts that day. We encourage all Santas to wear underwear."

—Jim Brochu ▶



"Santa School" graduates gather for—what else—milk and cookies


Who needs six
geese a laying anyway?
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If you have a special way to take the pressure off holiday shopping, Dearfoams wants to know your secret!

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HOW TO ENTER

- On a separate sheet of paper give us in 50 words or less your favorite shopping tip. Please be specific and write (or type) legibly. Tips will be judged on originality, creativity and general usefulness by qualified employees of Dearfoams.
- With your tip, be sure to include one Dearfoams proof of purchase and accompanying store receipt plus your name, address, phone number and name of your local store carrying Dearfoams slippers. Send to: DEARFOAMS CONTEST, P.O. Box 61, Denville, NJ 07834. Entries must be received by February 15, 1991.

To locate the store nearest you, call 1-800-582-8880.

Here's wishing you good luck–and a warm and cozy Christmas!

OFFICIAL RULES

Write (or type) your favorite holiday shopping tip (50 words or less) and your name, address, phone number, and local store where you can purchase Dearfoams slippers. Entries must be received by February 15, 1991, and must include one proof of purchase and store receipt from purchase of Dearfoams slippers. Send to: Dearfoams Contest, P.O. Box 61, Denville, NJ 07834.

Contest is open to all residents 18 years or older of the USA, except employees and members of their households of R.G. Barry Inc., Meredith Corporation, their affiliates and advertising agencies. Residents of Vermont, Maryland, Arizona and Massachusetts need only send proof of purchase. Winners are responsible for all taxes on prizes. Proof of eligibility and compliance with rules may be required. By entering this contest, entrants agree to be bound by these rules and consent to the use of their name, picture and/or holiday shopping tip (without additional compensation) for publicity purposes carried out by sponsors. Prizes (the First Prize–$1,000 shopping spree, the Second Prize–$500 shopping spree, and the Third Prize–$100 shopping spree) are not transferable and no substitution of prizes allowed. Sponsors and their agencies assume no responsibility or liability for damages, losses or injury resulting from acceptance or use of the prizes. Sponsor not responsible for late, lost, misdirected or incomplete entries.

Winners will be selected on or about March 30, 1991. Winners will be notified by mail. Entries must be original and not previously published. Entries will be judged by employees of Dearfoams based upon the originality, creativity, general interest and use of the tip. The decisions of the judges are final.

For a list of winners, send a stamped, self-addressed envelope with your request to: Dearfoams Winners, P.O. Box 61, Denville, NJ 07834. Subject to applicable federal, state and local laws and regulations. VOID WHERE PROHIBITED, TAXED OR RESTRICTED BY LAW.

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ALL IN THE FAMILY

Crime pays better than ever—at least in Hollywood. This fall, the gangster dramas *GoodFellas* and *Miller's Crossing* cornered the box office. Now Paramount is betting that *The Godfather Part III*, scheduled for Christmas release, will also create a mob scene. Of course, it has a couple of tough acts to follow: *Parts I* and *II* of the landmark saga grabbed nine Oscars and have earned more than $800 million (including TV and videocassette sales) since 1972.



Al Pacino and Diane Keaton return as Michael and Kay Corleone in *Part III*, and the cast also includes several newcomers. Franc D'Ambrosio, who plays Pacino's rebellious opera-singer son, recalls: "I had to do a scene where I visit Al in the hospital, and I had to greet him and kiss him twice. We did the scene twenty times." His mother called that night for a report. "I said I kissed Al Pacino forty times," says Franc. Her reply: "I wish I was in your shoes."



Talia Shire (with Andy Garcia above) and Diane Keaton reprise their Corleone roles from the first two *Godfather* movies

Joe Mantegna, who plays a mobster named Joey Zasa, says there was real family feeling on the set, fueled in part by the abundant pasta dinners director Francis Ford Coppola cooked. And Sofia Coppola, who is the real-life daughter of Francis but plays Pacino's daughter in the film, avows that she was able to withstand any romantic attraction to Al. "I had to think of him as a father, so that would have been too weird," confides the nineteen-year-old. "But all the girls on the set were in love with him." (Not that it mattered; at the time, Pacino was back with former girlfriend Keaton.)

Sofia *did* allow that she was a bit weak-kneed playing love interest to dashing Andy Garcia (*Internal Affairs*), who's cast as Corleone's nephew. It just wasn't easy kissing Garcia in front of her actual dad. She asked Keaton how to stay cool during love scenes, and was told to simply have fun, "because you get to act out all those things you're not supposed to do in real life."

And we get to watch.

—JOANNE KAUFMAN





The director's daughter, Sofia (above), cozies up to her real-life niece, Gia; a shady Al Pacino watches out for film nephew Garcia

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Royal Collection

GIVE YOUR BEST

Across the country, millions of people are finding fulfillment and satisfaction in helping the needy. Here, a report on the new commitment to caring, plus how to choose the charity that's right for you.

By Jane Margolies





Three women with generous hearts, clockwise from top: Sylvia Wright prepares food for the homeless in Washington, D.C.; Patti Malkin helps people with AIDS care for their pets in Los Angeles; Gwyn Helie finds safe havens for battered women in Massachusetts

On Monday evenings Gwyn Helie, forty-five, answers calls on the hotline at Transition House, a shelter for battered women and their children in Cambridge, Massachusetts. Helie, a secretary in Boston, has been volunteering at the shelter for five years. "I'd always been concerned about abuse—I knew two women who had been battered," Helie explains. "But I felt helpless because I had no training. When I read that volunteers would be trained, it just clicked."



Helie also serves on the shelter's board of directors and helps with fund-raising. "I put in a lot of time," she says. "But it's something I needed."

■ It is Sylvia Wright's lunch hour, and the thirty-two-year-old government accounting assistant is pitching in at Martha's Table, a soup kitchen and children's center in Washington, D.C. With the sleeves of her fuchsia silk blouse rolled up, Wright makes sandwiches, slices vegetables and bags donuts. The food will be loaded onto vans and taken to stops around the city where homeless and hungry people line up. Wright, who has volunteered at Martha's Table on her lunch break every Wednesday and Thursday for four years, sometimes also rides the vans after work or on weekends. "Because of the shortage of affordable housing, many of the people we're feeding have no choice but to live on the streets," Wright says.

■ In Los Angeles, Patti Malkin walks dogs and feeds cats for their owners, who are bedridden with AIDS. Malkin, twenty-seven, a TV production assistant, volunteers through Pets Are Wonderful Support (PAWS), a group she learned about on the local news. "They were talking about the fact that many people who have AIDS have trouble taking care of their pets because they are too weak or in the hospital too often," recalls Malkin, who has a bird and two cats of her own. "I really enjoy doing this," she adds. "It takes fifteen minutes, I get to play with the animals, plus I get some exercise every day."

Helie, Wright and Malkin are just three among millions of Americans who regularly volunteer their time, energy and talents to charity. Approximately eighty million Americans eighteen and over—45 percent of the adult population—do volunteer work, according to a 1988 Gallup Poll commissioned by Independent Sector, a national group that monitors charitable activities. The survey showed that volunteers *(continued on page 117)*

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Gifts Designed To Get A Warm Welcome.

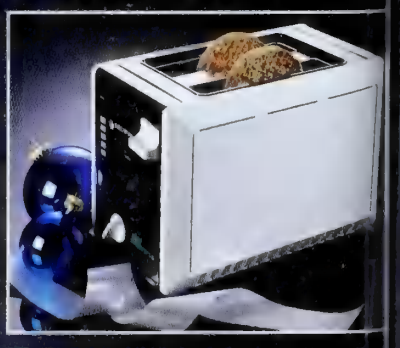
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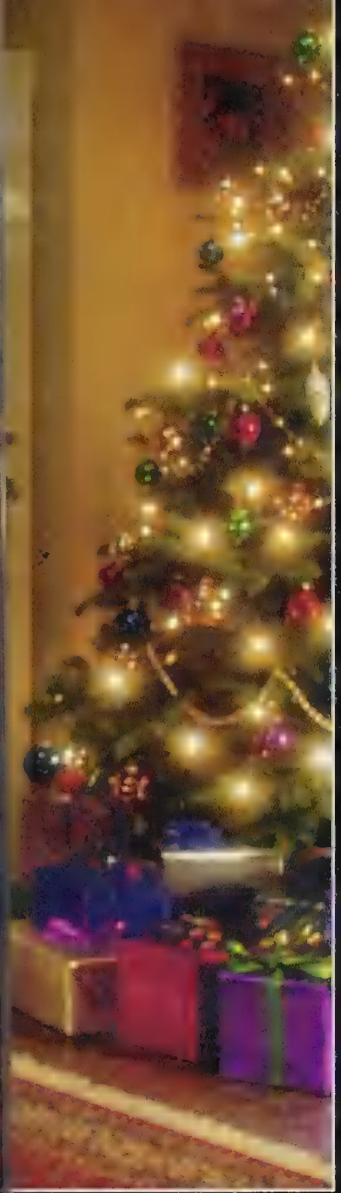




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► Get their mornings off to a great start by giving them a FASTOAST™ WIDE-SLOT TOASTER (T235). The wide slot handle thick or thin slices, even bagels. It's got a cool touch, easy-to-clean exterior and it's fast! Toasts twice as fast as most other toasters.





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▼ A powerhouse in the kitchen: the SPATULA-SMART™ POWER BOOST MIXER (M175). Its unique new spatula attachment scrapes the bowl sides continuously for easy mixing. It's got 5 speeds and instant Power Boost. The ultimate heavy duty mixer.



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Christmas Past.

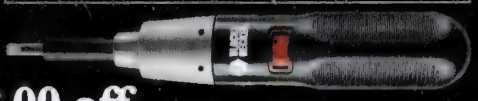


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'Tis the season to give your old screwdriver the boot and turn to something more advanced. Just bring this coupon to a participating retailer and receive our Christmas present to you: $2.00 off any Black & Decker Cordless Screwdriver for yourself or someone on your gift list.

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(continued from page 108) put in an average of 4.7 hours per week—almost twice as much as in 1981. Clearly, volunteering has gone way beyond a donation at Thanksgiving, Christmas or Chanukah.

With so many women in the paid labor force, the type of volunteer has changed. "The days of the churchwoman who donated thirty hours a week are over," says Virginia Hodgkinson, vice-president for research at Independent Sector. "Today, women take on specific tasks or give a certain smaller number of hours per week." At the same time, she adds, men and senior citizens are swelling the ranks. "This is because people are living longer and retiring earlier," she says.

While traditional services, such as working at a hospital or a church bazaar, remain, there are new ways to help—such as taking hot meals to AIDS patients or the elderly, or cuddling abandoned babies.

Why this outpouring of altruism? Call it a new nineties social consciousness. Experts say that in this post-glitz era, people want to feel they can make a difference in combating some of today's most terrifying problems: homelessness, AIDS, drugs, poverty, domestic violence, illiteracy. It also helps them reap some personal benefits.

Call it a new nineties social consciousness. People want to feel they can make a difference.

A rage to give

"The issues are pulling people in," says Kenneth Adams, executive director of New York Cares, a volunteer corps in New York City that attracts professionals in their twenties and thirties. And now that government services have been reduced for budgetary reasons, volunteers are trying to take up some slack. President Bush has encouraged Americans to give of their time, and they've been responding.

Says Sharon Vardatira, volunteer coordinator for Transition House, "We had a huge increase after the state's budget cuts. People heard the state was closing shelters and they came in. Of course, volunteer efforts can't replace a paid staff," she adds, "but they are vital."

As always, helping others offers personal rewards. Even when it's tough to squeeze another obligation into a tight schedule, volunteering can actually provide a healthy outlet. The Institute for the Advancement of Health, an information clearinghouse in San Francisco, surveyed thirty-three hundred volunteers and found that those who had weekly personal contact with charity recipients reported less stress in their daily lives and an increased sense of well-being and self-worth. Says the former executive director, Allan Luks, "This kind of volunteering reduces stress in the same way exercise or meditation does."

Do-gooders can also find themselves doing better in skills and self-confidence. "I've done things I never thought I could do—speaking in front of groups, writing press releases and planning fund-raisers," says Gwyn Helie. She adds, "My most important growth in life has come from this work. I got involved to empower women but ended up empowering myself."

Last but not least, volunteering can be a means of changing careers. Some have forged new opportunities in corporate fund-raising after raising money for a charity. Says Miriam Gimpel, community relations coordinator for the Volunteer Center of San Francisco, "A lot of companies will consider volunteer activities when they are looking at a resumé of a prospective employee." Volunteering can also provide invaluable contacts. The members of Hands On Atlanta, mostly young professionals in their twenties and thirties, spend evenings and weekends in such activities as tutoring grade schoolers, building housing for the homeless and running a food bank. "Most of our members work during the week and volunteer on weekends and evenings," says Deva Hirsch, a consultant for U.S. companies doing business in Japan. "It's a good way to meet others with the same commitment to the community that you have," she adds.

Not every aspect of charity pleases, to be sure. Helie, for one, is often frustrated by the limits on what she alone can do. "It's hard in the beginning to accept the fact that we can only take baby steps to influence women," she says. "We provide support, which helps them gain the courage and strength to make changes themselves."

Know thyself

If you've decided you want to volunteer your time, the next step is finding the right charity. Should you serve food in a soup kitchen? Tutor disadvantaged children? The answer depends on you. Think hard about what you'd really like to do, whom you'd like to help and how much time you can afford to give. Be realistic. After all, if you're not happy, you won't stick with it.

"Ideally, volunteer work should be fun and rewarding," says Nadia Sutton, executive director and founder of PAWS in Los Angeles. "I don't want people who are sanctimonious or tedious. That doesn't help anyone. You shouldn't volunteer because you feel it's something you should do but because you are having a ball."

Some questions to steer you in the right direction:

Do you like working with people directly (for example, teaching an adult to read), or are you more comfortable with behind-the-scenes tasks like typing a newsletter? If you want to work with people, which age group do you prefer? Do you work better in a group or one on one? Is there an issue you feel strongly about? Is there a skill you'd like to learn or a subject you want to know more about? What skills or talents do you have? What have you done in the past that has given you a great sense of satisfaction? What kind of surroundings would you like to be in? An office? Outdoors? How far from home are you willing to travel? Do you have transportation, or will someone have to pick you up? Do you want to volunteer on a regular basis or from time to time? How much time can you really give? Do you like physical work? Do you like variety or routine?

Getting involved

Once you have some idea what you'd like to do, the next step is finding the right organization. Churches and synagogues can help guide you.

Another way to find agencies that need volunteers is to call the National Volunteer Center (703-276-0542). You'll be referred to one of three hundred fifty branches across the country. According to Kay Drake-Jones, director of information services for the network, local staffers will ask about your background, skills and interests. Then you'll be told about three organizations that need volunteers with your qualifications. *(continued on page 121)*



MENOPAUSE MYTH NO. 1

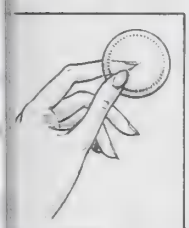
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- Q: How can I tell if The Estraderm Patch is right for me?
- Q: Can Estraderm help relieve vaginal dryness?
- Q: How long will I need to wear The Estraderm Patch?

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ESTROGENS HAVE BEEN REPORTED TO INCREASE THE RISK OF ENDOMETRIAL CARCINOMA.

Three independent case control studies have reported an increased risk of endometrial cancer in postmenopausal women exposed to exogenous estrogens for more than 1 year. This risk was independent of the other known risk factors for endometrial cancer. These studies are further supported by the finding that incidence rates of endometrial cancer have increased sharply since 1969 in eight different areas of the United States with population-based cancer-reporting systems, an increase which may be related to the rapidly expanding use of estrogens during the last decade.

The three case control studies reported that the risk of endometrial cancer in estrogen users was about 4.5-13.9 times greater than in nonusers. The risk appears to depend both on duration of treatment and on estrogen dose. In view of these findings, when estrogens are used for the treatment of menopausal symptoms, the lowest dose that will control symptoms should be utilized and medication should be discontinued as soon as possible. When prolonged treatment is medically indicated, the patient should be reassessed on at least a semiannual basis to determine the need for continued therapy. Although the evidence must be considered preliminary, one study suggests that cyclic administration of low doses of estrogen may carry less risk than continuous administration; it therefore appears prudent to utilize such a regimen.

Close clinical surveillance of all women taking estrogens is important. In all cases of undiagnosed persistent or recurring abnormal vaginal bleeding, adequate diagnostic measures should be undertaken to rule out malignancy.

There is no evidence at present that "natural" estrogens are more or less hazardous than "synthetic" estrogens at equiestrogenic doses.

ESTROGENS SHOULD NOT BE USED DURING PREGNANCY.

The use of female sex hormones, both estrogens and progestogens, during early pregnancy may seriously damage the offspring. It has been shown that women who had been exposed *in utero* to diethylstilbestrol, a nonsteroidal estrogen, have an increased risk of developing in later life a form of vaginal or cervical cancer that is ordinarily extremely rare. This risk has been estimated as not greater than 4 per 1000 exposures. Furthermore, a high percentage of such exposed women (30-90%) have been found to have vaginal adenosis, epithelial changes of the vagina and cervix. Although these changes are histologically benign, it is not known whether they are precursors of malignancy. Although similar data on the use of other estrogens are not available, it cannot be presumed they would not induce similar changes.

Several reports suggest an association between intrauterine exposure to female sex hormones and congenital anomalies, including congenital heart defects and limb-reduction defects. One case control study estimated a 4.7-fold increased risk of limb-reduction defects in infants who had been exposed *in utero* to sex hormones (oral contraceptives, hormone withdrawal tests for pregnancy, or attempted treatment for threatened abortion). Some of these exposures were very short and involved only a few days of treatment. The data suggest that the risk of limb-reduction defects in exposed fetuses is somewhat less than 1 per 1000.

In the past, female sex hormones have been used during pregnancy in an attempt to treat threatened or habitual abortion. There is considerable evidence that estrogens are ineffective for these indications, and there is no evidence from well-controlled studies that progestogens are effective for these uses.

If Estraderm is used during pregnancy, or if the patient becomes pregnant while taking this drug, she should be apprised of the potential risks to the fetus and of the advisability of continuation of the pregnancy.

INDICATIONS AND USAGE

Estraderm is indicated for the treatment of the following: moderate-to-severe vasomotor symptoms associated with menopause; female hypogonadism; female castration; primary ovarian failure; and atrophic conditions caused by deficient endogenous estrogen production, such as atrophic vaginitis and kraurosis vulvae.

CONTRAINDICATIONS

Estrogens should not be used in women or men with any of the following conditions:

1. known or suspected cancer of the breast;
2. known or suspected estrogen-dependent neoplasia;
3. known or suspected pregnancy (see Boxed Warning);
4. undiagnosed abnormal genital bleeding;
5. active thrombophlebitis or thromboembolic disorders;
6. history of thrombophlebitis, thrombosis, or thromboembolic disorders associated with previous estrogen use.

WARNINGS

1. *Induction of Malignant Neoplasms.* Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver. There are now reports that estrogens increase the risk of carcinoma of the endometrium in humans. (See Boxed Warning.)

At the present time, there is no satisfactory evidence that estrogens given to postmenopausal women increase the risk of breast cancer, although a recent long-term follow-up of a single physician's practice has raised this possibility. Because of the animal data, there is a need for caution in prescribing estrogens for women with a strong family history of breast cancer or who have breast nodules, fibrocystic disease, or abnormal mammograms.

threefold increase in the risk of surgically confirmed gallbladder disease in postmenopausal women receiving oral estrogens, similar to the twofold increase previously noted in users of oral contraceptives.

3. *Effects Similar to Those Caused by Estrogen-Progestogen Oral Contraceptives.* There are several serious adverse effects of oral contraceptives and other high-dose oral estrogen treatments, most of which have not, up to now, been documented as consequences of postmenopausal estrogen replacement therapy. This may reflect the comparatively low doses of estrogen used in postmenopausal women.

a. *Thromboembolic Disease.* It is now well established that users of oral contraceptives have an increased risk of various thromboembolic and thrombotic vascular diseases, such as thrombophlebitis, pulmonary embolism, stroke, and myocardial infarction. Cases of retinal thrombosis, mesenteric thrombosis, and optic neuritis have been reported in oral contraceptive users. There is evidence that the risk of several of these adverse reactions is related to the dose of the drug. An increased risk of postsurgery thromboembolic complications has also been reported in users of oral contraceptives. If feasible, estrogen should be discontinued at least 4 weeks before surgery of the type associated with an increased risk of thromboembolism, or during periods of prolonged immobilization.

While an increased rate of thromboembolic and thrombotic disease in postmenopausal users of estrogens has not been found, this does not rule out the possibility that such an increase may be present or that subgroups of women who have underlying risk factors or who are receiving relatively large doses of estrogens may have increased risk. Therefore, estrogens should not be used in persons with active thrombophlebitis or thromboembolic disorders, and they should not be used in persons with a history of such disorders in association with estrogen use. They should be used with caution in patients with cerebral vascular or coronary artery disease and only for those in whom estrogens are clearly needed.

Large doses of estrogen (5 mg conjugated estrogens per day), comparable to those used to treat cancer of the prostate and breast, have been shown in a large prospective clinical trial in men to increase the risk of nonfatal myocardial infarction, pulmonary embolism, and thrombophlebitis. When estrogen doses of this size are used, any of the thromboembolic and thrombotic adverse effects associated with oral contraceptive use should be considered a clear risk.

b. *Hepatic Adenoma.* Benign hepatic adenomas have been associated with the use of oral contraceptives. Although benign and rare, these tumors may rupture and cause death from intra-abdominal hemorrhage. Such lesions have not yet been reported in association with other estrogen or progestogen preparations, but they should be considered if abdominal pain and tenderness, abdominal mass, or hypovolemic shock occurs in patients receiving estrogen. Hepatocellular carcinoma has also been reported in women taking estrogen-containing oral contraceptives. The causal relationship of this malignancy to these drugs is not known.

c. *Elevated Blood Pressure.* Women using oral contraceptives sometimes experience increased blood pressure which, in most cases, returns to normal upon discontinuing the drug. There is now a report that this may occur with use of oral estrogens in the menopause and blood pressure should be monitored with estrogen use, especially if high doses are used. Ethinyl estradiol and conjugated estrogens have been shown to increase renin substrate. In contrast to these oral estrogens, transdermally administered estradiol does not affect renin substrate.

d. *Glucose Tolerance.* A worsening of glucose tolerance has been observed in a significant percentage of patients on estrogen-containing oral contraceptives. For this reason, diabetic patients should be carefully observed while receiving estrogen.

4. *Hypercalcemia.* Administration of high doses of estrogens may lead to severe hypercalcemia in patients with breast cancer and bone metastases. If hypercalcemia occurs, use of the drug should be stopped and appropriate measures should be taken to reduce the serum calcium level.

PRECAUTIONS

General

1. A complete medical and family history should be taken before initiation of any estrogen therapy. The pretreatment and periodic physical examinations should include special reference to blood pressure, breasts, abdomen, and pelvic organs, as well as cervical Papanicolaou test. As a general rule, estrogen should not be prescribed for longer than 1 year without another physical examination being performed.
2. Because estrogens may cause some degree of fluid retention, careful observation is required when conditions that might be influenced by this factor are present (e.g., asthma, epilepsy, migraine, and cardiac or renal dysfunction).
3. Certain patients may develop undesirable manifestations of excessive estrogenic stimulation, such as uterine bleeding, mastodynia, etc.
4. Prolonged administration of unopposed estrogen therapy has been reported to increase the risk of endometrial hyperplasia in some patients. Estrogens should be used with caution in patients who have or have had endometriosis.
5. Studies of the addition of a progestin for 7 or more days of a cycle of estrogen administration have reported a lowered incidence of endometrial hyperplasia. Morphological and biochemical studies of endometrium suggest that 12 to 13 days of progestin are needed to provide maximal maturation of the endometrium and to eliminate any hyperplastic changes. Whether this will provide protection from endometrial carcinoma has not been clearly established. There are possible additional risks that may be associated with the inclusion of progestin in estrogen replacement regimens. The potential risks include adverse effects on carbohydrate and lipid metabolism. The choice of progestin and dosage may be important in minimizing these adverse effects.
6. Oral contraceptives appear to be associated with an increased incidence of mental depression. Although it is not clear whether this is due to the estrogenic or progestogenic component of the contraceptive, patients with a history of depression should be carefully observed.
7. Preexisting uterine leiomyomata may increase in size during prolonged estrogen use. If this occurs, estrogen therapy should be discontinued while the cause is investigated.
8. In patients with a history of jaundice during pregnancy, there is an increased risk that jaundice will recur with the use of estrogen-containing oral contraceptives. If jaundice develops in continued while the cause is investigated.
9. Estrogens may be poorly metabolized in patients with paired liver function and should be administered with cauti such patients.
10. Because the prolonged use of estrogens influences the tabolism of calcium and phosphorus, estrogens should be u with caution in patients with metabolic bone diseases a ciated with hypercalcemia and in patients with r insufficiency.

Information for Patients

See Patient Package Insert.

Drug/Laboratory Test Interactions

The results of certain endocrine and liver function tests ma affected by estrogen-containing oral contraceptives. The lowing changes have been observed with large doses of estrogen:

1. increased sulfobromophthalein retention;
2. increased prothrombin time; increased factors VII, VII and X; decreased antithrombin 3; increased norepinrine-induced platelet aggregability;
3. increased thyroxine-binding globulin (TBG), leading t creased circulating total thyroid hormone (T_4) as meas by column or radioimmunoassay; free T_3 resin uptal decreased, reflecting the elevated TBG; free T_4 conce tion is unaltered; TBG was not affected in clinical tria Estraderm;
4. reduced response to the metyrapone test;
5. reduced serum folate concentration;
6. increased serum triglyceride and phospholipid conce tion, and decreased pregnanediol excretion.

The pathologist should be informed that the patient is re ing estrogen therapy when relevant specimens are submi

Carcinogenesis, Mutagenesis, Impairment of Fertility

See WARNINGS and Boxed Warning.

Long-term continuous administration of natural and synt estrogens in certain animal species increases the frequen carcinomas of the breast, cervix, vagina, and liver.

Pregnancy Category X

See CONTRAINDICATIONS and Boxed Warning.

Estrogens should not be used during pregnancy.

Nursing Mothers

As a general principle, the administration of any drug to nu mothers should be done only when clearly necessary s many drugs are excreted in human milk.

ADVERSE REACTIONS

See WARNINGS and Boxed Warning regarding potentia verse effects on the fetus, induction of malignant neopla increased incidence of gallbladder disease, and advers fects similar to those of oral contraceptives, inclu thromboembolism.

The most commonly reported adverse reaction to Estra in clinical trials was redness and irritation at the application This occurred in about 17% of the women treated and ca approximately 2% to discontinue therapy. Reports of rash been rare.

The following additional adverse reactions have bee ported with estrogenic therapy, including oral contracepti

Genitourinary System: Breakthrough bleeding, spo change in menstrual flow; increase in size of uterine fibro mata; change in cervical erosion and amount of cer secretion.

Endocrine: Breast tenderness, breast enlargement.

Gastrointestinal: Nausea, vomiting; abdominal cra bloating; cholestatic jaundice have been observed with estrogen therapy.

Eyes: Steepening of corneal curvature; intolerance to cc lenses.

Central Nervous System: Headache, migraine, dizzines

Miscellaneous: Change in weight, edema, change in lic

HOW SUPPLIED

Estraderm 0.05 (estradiol transdermal system)—each 1 system contains 4 mg of estradiol USP for nominal* ery of 0.05 mg of estradiol per day

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Carton of 1 Patient Calendar Pack of 24 Systems	NDC 0083-23

Estraderm 0.1 (estradiol transdermal system)—each 2 system contains 8 mg of estradiol USP for nominal* ery of 0.1 mg of estradiol per day

Patient Calendar Pack of 8 Systems	NDC 0083-23
Carton of 6 Patient Calendar Packs of 8 Systems	NDC 0083-23
Carton of 1 Patient Calendar Pack of 24 Systems	NDC 0083-23

*See DESCRIPTION.

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GIVE YOUR BEST

continued from page 117

Another national group is the Retired Senior Volunteer Program (RSVP) with seven hundred fifty chapters around the country. Its older volunteers do everything from Medicare benefits counseling to helping folks with their tax returns to visiting young mothers who are in prisons with their babies.

One RSVP volunteer is Eve Henderson, sixty-one, a semi-retired teacher and a grandmother in Queens, New York. She helps put on puppet shows for third and fourth graders to teach them how to resist peer pressure to use drugs. "It's important to get the message to young children," she says.

If weekly volunteering is too much of a commitment, remember there are other ways to give. Marcia Strasel, a young mother in Arlington, Virginia, joined the national organization 20/20 to take action on such issues as the environment and military policy. Members pay $20 per year and agree to spend twenty minutes a month—hence the name—lobbying officials by writing a letter or making a phone call. They receive monthly updates by postcard on where to target their efforts; for example, if a bill on toxic wastes is coming up, members are told to write Congress. "It makes me feel like we can really change problems that seem so overwhelming," she says. Her feelings are echoed by many volunteers. Linda Slagowski, of Salem, Oregon, a field secretary for Prison Fellowship, a national organization that offers assistance to inmates, crime victims and their families, puts in extra hours each winter on the group's Angel Tree project, in which they solicit Christmas gifts for inmates' children from the public. "My heart goes out to these families," she says. The good feelings she gets in return for her efforts are worth it. ■

Anne Margolies is a speechwriter in the office of the New York City Mayor.



Who you gonna call?

Phone numbers for the organizations mentioned in this article: Transition House, 617-661-7203; Martha's Table, 202-328-6608; PAWS, 213-[illegible]-7297; New York Cares, 212-753-6670; Volunteer Center of San Francisco, 800-CARE-[illegible]; Hands On Atlanta, 404-728-4292; 20/20, [illegible]-347-2767; Prison Fellowship, 800-762-[illegible]1; RSVP, check local listings under U.S. Government-Action.

Here's a sampling of other organizations that do unusual charity work.

ENVIRONMENT In Seattle, volunteers are helping restore Puget Sound wetlands by planting bullrushes and native grasses. Contact Adopt a Beach, Room 730, Dexter Horton Building, 710 Second Avenue, Seattle, WA 98104.

HEALTH CARE Family Greeters at Brighton Hospital, in Brighton, Michigan, focus on the families of new patients in the substance-abuse programs. The volunteers describe the hospital's services, offer support and encourage family members to join the patient in family therapy. Contact Brighton Hospital, 12851 East Grand River, Brighton, MI 48116; 313-227-1211.

THE HOMELESS The San Francisco League of Urban Gardeners (SLUG) has its volunteers plowing and planting community gardens around the city. The fruits and vegetables harvested go to local soup kitchens. SLUG, 2540 Newhall Street, San Francisco, CA 94124; 415-468-0110.

EDUCATION In Santa Clara, California, volunteers help teach recent immigrants to speak English, use a bank and do shopping. Santa Clara Adult Education Center, 1840 Benton Street, Santa Clara, CA 95050; 408-984-6220.

HIGH MARKS

LHJ teamed up with the National Education Association to spotlight programs across the country that are working to solve the crisis in our schools. Here, the winners of the 1990 NEA/ LHJ A+ Awards for Excellence in Education.

By Beth Brophy



"Science doesn't have to be boring," says Ruth Flaskamp, co-director of the science fair "mentor" program in Sylvania, Ohio

We've all heard myriad tales of what's wrong with our public schools. We're all concerned—and frustrated. How can we make the schools better when so much is wrong?

We can take our cue from the six unusual programs described below. These half dozen were honored this year by *LHJ* and the National Education Association (NEA), a two-million-member organization representing school employees. Each program was designed and implemented by local teachers and administrators to improve the quality of teaching and learning in their schools.

We salute these vital efforts to tackle one of the toughest assignments confronting this country today: how to help our kids *really* learn.

■ BEYOND CHEM LABS

Sylvania Education Association, Sylvania, Ohio

Fifth graders at Stranahan Elementary School examine brain tissue from a cadaver to see how Alzheimer's disease progresses . . . investigate the extra chromosome that causes Down syndrome . . . and track how alcohol affects fetal brain development. Pretty ambitious stuff for ten-year-olds. But, thanks to a new program, science in this school is a lot more than boring textbooks and test tubes.

For the first time last year, a dozen fifth graders who had already shown an interest in certain fields of science were paired with professional scientists—the mentors—from the community: two veterinarians, a surgeon, a horticulturist, a biology teacher and a chemist. Other fifth graders were teamed with college students from the nearby University of Toledo and faculty members of the Medical College of Ohio at Toledo. Students met mentors for two hours a week, joined periodically by a medical college faculty member. Each child chose a topic of personal interest and learned along the way to take notes, do library research, perform lab procedures and use scientific methods to test hypotheses. The partnerships culminated in a fair last February.

To fifth-grade teacher Ruth Flaskamp, who conceived the idea, making science fun has a long-term payoff. "There's been much talk lately that this country is lagging behind others in math and science. I think a lot of that may be because many of our science programs, where you mainly just read about the subject, aren't of great interest," says Flaskamp. "And when kids get turned off in elementary school, they're bound to reject it in high school."



At Grant M. Bowler Elementary, in Logandale, Nevada, everyone from students and teachers to custodians and bus drivers has a voice

Back by popular demand this year, the program has also received enthusiastic *(continued)*


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praise from the student teachers at the University of Toledo. Says Jerry DeBruin, Ph.D., a professor of elementary and early childhood education and the supervisor of the project, "My student teachers learned how to set up a science fair, gained confidence in their teaching skills and realized how much youngsters are capable of doing. I'm confident they can go out and do the same things when they become teachers." The elementary school will also keep track of all students in the program to see if they continue with advanced science courses and even pursue careers in the field.

■ JOINING FORCES

Clark County Teachers Association, Clark County, Nevada

Life at Grant M. Bowler Elementary School was fine, thank you—but everyone there believed it could be even better. Parents felt removed from teachers and school events. Attempts at discipline fell on deaf ears: Scuffles broke out on the playground daily. All this, coupled with lack of interaction between teachers and support staff, weakened morale.

In the spring of 1989, Bowler's faculty borrowed a trend-setting idea from big business: To improve productivity, ask the workers what's wrong and get them involved.

As part of the new "participatory management," everyone connected with the school—from the principal, teachers and students to the custodians, bus drivers and lunchroom supervisors—has a say. A survey was taken to target areas for improvement. Committees met, brainstormed and set goals to:

■ Establish a discipline policy and enforce it by making kids responsible. Special assemblies are held throughout the year, and good citizenship awards are given to pupils who demonstrate good behavior.

■ Enhance the learning environment by improving the appearance of the school. Playground equipment was repaired and painted in bright colors, directional signs were posted in the halls, new bulletin boards were hung and student work was displayed. This made the environment more conducive to learning.

■ Improve communication among staff members and with parents. A suggestion box was set up; special recognition days were picked, on which the teachers can honor the support staff; newsletters are distributed regularly to parents to keep them abreast of what's happening at school and how they can be more involved; and articles appear regularly in the local newspaper about school activities.

The changes came quickly, mostly because the top-down bureaucratic process was replaced by more democratic committees. "It didn't cost a lot," says Sherry Johnson, the school's office manager. "And when everyone gets involved, you're more



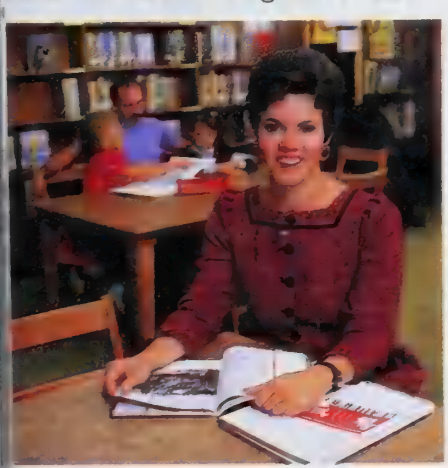
"Kids have to know that school is a full-time job," says Richard Feldhausen of Green Bay, Wisconsin



"Getting parents involved in school activities is the key," says prekindergarten teacher Virginia Cryar (at right) of Conroe, Texas

committed to making changes and sticking with them."

"Our stand is that the principal should not make a decision a teacher can make and a teacher should not make a decision a student can make," adds principal Vee Wilson. At Bowler, that policy has paid off. In one year, absenteeism has dropped. Vandalism and disciplinary problems are few and far between. In a survey taken at the end of last year, students, teachers and ancillary personnel all said they feel better about being at Bowler.



Parents here get the tools they need to help their kids succeed," says Laura Hudson, a guidance counselor in Baltimore County, Maryland

TO WORK OR NOT TO WORK?
Green Bay Education Association, Green Bay, Wisconsin

Lately, teachers and school administrators across the country have found themselves grappling with another obstacle to quality education: the student who works after school—whose first priority is not his homework but the job that pays for his $125 athletic shoes.

Finally, these educators have some ammunition. For three years, a special task force in Wisconsin studied the effects of teen employment on attendance, study habits, homework, participation in extracurricular activities and stress levels. The findings offer statistical proof for what has long been suspected: Students work too many hours in jobs with too little supervision.

The study, which polled the school district's more than four thousand high schoolers, has broad implications for other communities and has already attracted national attention—a PBS documentary is in the works—and a task force formed by the state superintendent of public schools is proposing to the state legislature stronger employment laws to serve as a model for the rest of the country.

"As teachers, we feel we do not have the right to say that students should not hold jobs during the school year. But we do believe we have an obligation to raise the issue, explain the facts, and ask everyone to weigh the importance of academic achievement against her desire to earn spending money now," says GBEA executive director Richard Feldhausen.

What exactly are those facts? Among the survey's findings:

■ Though employment has a positive effect on many young people, attendance suffers for *C* and *D* students and for those working fifteen-plus hours a week.



For youngsters in Westfield, Wisconsin, extracurricular activities get them out of the TV room and into action

■ Less than a quarter of the students surveyed said they were working to save for college. Most wanted to earn spending money.

■ The typical student with a part-time job works three or more hours on school nights. Nearly half say that on those nights, they spend thirty minutes or less on homework. And 41 percent of those who *(continued)*



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HIGH MARKS
continued

work more than twenty hours admit their schoolwork suffers.

Another surprising finding: "Teenage labor laws were violated more times than we wanted to know," said Feldhausen. Though Wisconsin law requires at least eight hours between the end of the workday and the start of the school day for sixteen- and seventeen-year-olds, 10 percent of employed students worked past midnight four or more nights during the week.

Can anything be done? The task force offered several recommendations for parents: Students should work no more than fifteen to twenty hours a week, and parents should be in touch with the school and the employer to assure that grades don't slip and that proper supervision at work is provided. Parents should also monitor earnings and encourage saving. Above all, they should emphasize to kids that, for now, school *is* their full-time job.

POWER SHARING: PARENTS AND TEACHERS WORK TOGETHER
Conroe Education Association, Conroe, Texas

Before oil was discovered nearby in the 1930s, Conroe was a small sawmill town forty miles north of Houston. While the discovery of such natural resources provided a healthy school tax base, few individuals benefited from the newfound wealth. And with the oil bust of the early eighties, all Texans felt the impact on their income and standard of living. The economically deprived and minorities suffered most.

Anderson Elementary School in Conroe serves 575 students—over a third of them are "at risk" for school failure. Many of these youngsters never make it out of high school. In 1984, when Texas mandated creation of public prekindergarten programs for "at risk," economically deprived or non-English-speaking four-year-olds, Anderson was identified as a school where such a program was needed.

Virginia Cryar, forty-five, who has been running the program since then, felt it wasn't going far enough. To reverse the high dropout rate, she knew she'd have to get parents involved early on in their children's education. Last year she designed three hour-long sessions to teach parents how to bolster their children's academic success.

In the first session, Cryar tells parents how they can play an active role in classroom life: "People don't realize that they really can help by assisting with cooking projects, putting up bulletin boards, reshelving library book or volunteering at the clinic," says th vivacious teacher, the mother of fou boys, aged fifteen to twenty-six. At th second session, she describes the man services the school district provides– everything from subsidizing children eyeglasses to free counseling for fam ily problems—services of which mos parents were totally unaware despit notes sent home. At the third and fina session, she stresses the importance reading aloud to kids, reminding pa ents that the public library offers "th only free credit card in the world."

But creating the sessions was ea compared to getting parents—wh tend to be distrustful of schools an teachers—to attend. Very few had eve participated in any school event. T lure them, Cryar held the sessions du ing the day at times when parent were dropping off or picking up the children, and she provided child ca for younger siblings as well as a tran lator for non-English-speaking pa ents. Teaching aides supervise the stu dents while Cryar meets with parent

The result: In a school where virtua ly no parents had ever participated i any activities, each of the six sessions s far has attracted more than 70 percen of the parents of prekindergarten stu dents. Says Conroe parent Julie John



n, twenty-five, the mother of three, 'he most important thing I've learned that it doesn't cost anything to read to y kids or take them for a walk." Tele-sion viewing in her home, Johnson ports, has been cut from fifteen hours week to five, and stops at the library e now part of the weekly routine. "I n't need a lot of money to be a good rent," Johnson adds.

BOOSTING PARENTING SKILLS
eachers Association of Balti-ore County, Maryland

stern Baltimore County, Maryland, close-knit, multigenerational com-unity, has struggled with many of e problems plaguing urban school stems today. Unemployment is ram-nt, the result of local plant closings. ousehold incomes range from 5,000 to $23,900 per year.

Against this backdrop, low achieve-ent, poor attendance and disruptive havior are serious problems in the trict's five elementary schools. But 1989, educators here, like those in nroe, Texas, began an innovative r-year pilot study in two of those hools aimed at sharpening parenting lls for the mothers and fathers of ond graders, a critical age at which child's strengths and weaknesses come apparent.

"By bringing parents together in a support group and by showing them not only what they are doing wrong but how to do it right, parents get the tools they need to help their kids succeed," says Laura Hudson, a guidance counselor and parent instructor. "After all, parents are the child's first teachers. And when kids see that their parents are in school, it's a sign to them that school is important."

The program consists of eight two-hour sessions—which are free—where parents watch videotapes of typical family situations and discuss how to handle them. Some of the issues are quite basic—but critical. Treating each family member with dignity, respect and positive reinforcement is emphasized. Parents are also shown how they can help youngsters improve fine motor skills necessary for writing by letting them color and use paper and scissors at home. They are shown how important, and how easy, it is to talk to their children about the world they live in, even when they take a trip to the grocery store. And they are taught the principles of sound discipline—that instead of yelling or punishing, they should make clear the consequences of transgressions to kids *before* they misbehave. Instructors also demonstrate how to establish such ego-building family routines as writing a weekly letter of praise to a child.

Since only about one third of the second-grade parents initially participated, to boost attendance the district provided child care, door prizes and gift certificates donated by local businesses to all who complete class assignments. To accommodate working parents, sessions are held during the evening as well as in the daytime.

Although the project is still three years from completion, early signs are encouraging, and this year the program expands to four more schools. Says Danny Cantrell, forty, a parent with four daughters, eight to nineteen, "Expressing love can be postponed or overlooked so often that families drift apart and look elsewhere for encouragement. Our family communication has improved as well as our understanding of each person's needs."

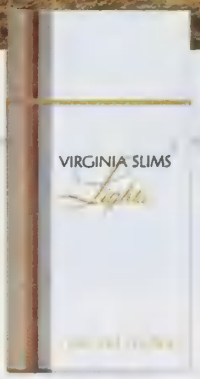
■ NO MORE COUCH POTATOES
Westfield Education Association, Westfield, Wisconsin

Sitting around the house watching cartoons or riding her bicycle around the neighborhood used to be the high points of Joanne Turner's days off from school. "But it gets boring," admits the ten-year-old from Westfield, Wisconsin. She and her *(continued on page 207)*

Virginia Slims remembers when women were given free reign to advance in their chosen fields.







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Ladies' Home Journal December 1990

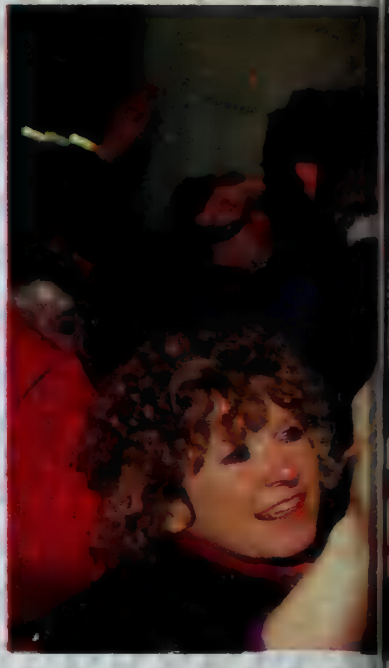
CHRISTMAS 1990

A MESSAGE FROM THE PRESIDENT



THIS YEAR, MORE THAN MOST, OUR HOLIDAY SEASON IS FULL OF GREAT JOY—AND GREAT TREPIDATION. MILLIONS OF EASTERN EUROPEANS ARE FINALLY CELEBRATING CHRISTMAS AND CHANUKAH IN FREEDOM. YET IN THE MIDDLE EAST, WE FACE THE POSSIBILITY OF WAR. AT THIS CRUCIAL TIME, PRESIDENT BUSH SHARES WITH *JOURNAL* READERS HIS HOLIDAY HOPE FOR LASTING PEACE ON EARTH







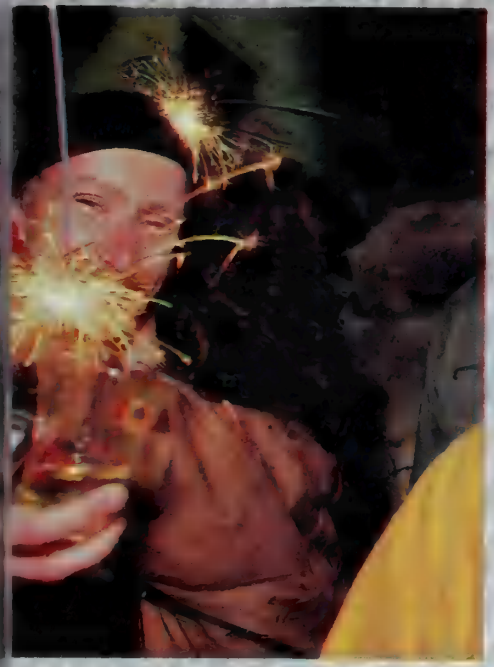
Christmas '89: left, a glimpse of freedom th Berlin Wall; above, a bright New Year's Eve below, a young Berliner consults Santa

Soon, Americans will begin their traditional holiday celebrations. It is a time of rest and reflection and, most of all, of warm moments spent with family and friends. There is always a growing sense of excitement as we prepare for the holiday festivities, especially here in "America's House" [the White House]. When the Christmas greenery, poinsettias and historic ornaments are all in place, we will welcome nearly ninety thousand visitors to enjoy the spirit of the season with us—the spirit of "peace on earth and goodwill toward men."

In the United States, we believe that lasting peace comes from a respect for human rights and the sharing of democratic values that reflect the human spirit. However, these inalienable rights are not exclusively American. They belong to all men and women, in all places. We received the marvelous gifts of freedom and democracy well over two centuries ago and have cherished them ever since. Now people around the world are enjoying their own newfound freedom. More nations than ever before are sharing in a common goal of opportunity, understanding and peace.

Throughout 1990, I met with many of the world's leaders. Some of the most historic and touching meetings were with those men and women leading their nations through the first days of fledgling democracy. Together, we talked of their hopes and dreams and the challenges facing their nations.

I was especially moved by President Vaclav Havel of Czechoslovakia when he visited the White House. As we talked openly about the powerful current of change that is shaping the world, I saw a man whose life has been one of miraculous transformation. A playwright by profession, he endured years of hardship before leading millions to freedom. From prisoner to president, his heroic









Above, President Bush greets Czechoslovakia's President Havel; top, a special Lithuanian Christmas Mass; right, a demonstrator lights a candle for democracy in Leipzig

efforts moved a part of the world one step closer to a peaceful, stable democracy.

The changing course of history has shown that we are bringing hope to those parts of the world dwelling in the darkness of oppression. The Revolution of 1989, which we consolidated in 1990, proved an overwhelming victory for the rights of mankind. Throughout Central and Eastern Europe, Christmas songs will trumpet from radios again this year. In Poland, people can proudly sing a verse to an ancient hymn that has been silent since 1946: "Our *free* fatherland protect, O God." In Berlin, there are no walls to stop carolers from sharing holiday joy. For thousands of Jews exiting the Soviet Union this year, Chanukah will have a special meaning. And in our hearts, we can rejoice that peace and freedom have been firmly restored to nations we once regarded as unfriendly.

Peace and stability, however, will continue to be a challenge in the coming year. With this challenge comes opportunity for change, especially for those who still face the ugliness of oppression, the cruelty of apartheid, the despair of communism. Our aim must be to ensure democracy's advance. As a nation or as individuals, every kind of selfless deed we perform for others can help rekindle the light of hope and goodwill for all mankind.

We have worked hard this year, all of us, to help build a better world. But much can be done to help others here at home, too. As you gather with family and friends this season, remember those less fortunate than you. Reach out and make a difference in the life of someone in need through volunteer work in your community. Be what I call a "point of light."

The goodness and generosity of this holiday season can create a warm feeling of wonder, gratitude and joy for all Americans to share—for all the world to share. It is up to each of us. We may speak different languages and attend different places of worship, but our hope and our faith in the universal dream of peace and freedom is the common bond that unites us all.

Happy holidays, and God bless you and your families.



"A miracle of love, prayer and perseverance": Eileen and Mike McHenry prepare for the first Christmas with daughter Juliana, whom they adopted in Romania

BOUNDLESS LOVE

HOW TWO FAMILIES OPENED THEIR HEARTS

IN ROMANIA, THOUSANDS OF BABIES WERE DUMPED INTO INSTITUTIONS BY THEIR GOVERNMENT. IN THE UNITED STATES, MANY SONS AND DAUGHTERS OF DRUG ADDICTS HAVE BEEN ABANDONED. BUT THERE'S HOPE THAT SOME OF THESE CHILDREN WILL FIND HAPPINESS AFTER ALL, THANKS TO THE LOVING GENEROSITY OF THOSE COUPLES WHO ARE GOING TO GREAT LENGTHS TO ADOPT AND CHERISH THEM

"WE DON'T NEED ANY OTHER PRESENTS"

Last Christmas season, just after the brutal dictatorship of Nicolai Ceaucescu was overthrown in Romania, a terrible legacy of his regime was revealed. By taxing small families and outlawing birth control, Ceaucescu had forced Romanians to bear legions of unwanted children, "for the state." But many parents were too poor to take care of all their children and had abandoned them to overcrowded state hospitals and orphanages. Thousands were malnourished; hundreds had AIDS, due to the widespread practice of giving blood transfusions—with untested blood—to underweight infants. Yet out of this wretchedness sprang hope. Childless couples from many countries gathered in Romania, determined to adopt these homeless innocents. My husband, Mike, and I were among them—and someday, when I tell my daughter, Juliana, about her adoption, I believe that she will see how love can indeed effect miracles. Here is that story.

THE NEWS OF CEAUCESCU'S EXECUTION CAME OVER THE radio as I was driving home from work on December 26, 1989. Mike and I had been following the Romanian upheaval for quite a while. My former secretary and good friend, Daniela, had escaped from Romania with her family several years ago, and we had heard many horrific stories of the conditions there. Now I rejoiced in *(continued)*

BY EILEEN McHENRY

Millicent Harvey

(continued)

the country's new freedom.

A couple of weeks later, I read a newspaper article about the Romanian orphans. I had to put the paper down and catch my breath before I could read on. After five years of trying to conceive or adopt a child of our own, the thought of all those scared, lonely children was too much to bear. Maybe we could take one of them home, I thought.

Mike was then thirty-three, and I was thirty years old. Approved by the state of Massachusetts for an adoption, we were on a waiting list and working with a local agency, the Alliance for Children. But we had little prospect of adopting an American baby, since so few were available. Recently, we had been thinking about foreign adoptions . . . and now going to Romania seemed like the perfect idea.

In February and March we talked to Judy, our social worker at the agency. We'd have rough going, she said. There was no formal link set up between Romanian officials and U.S. agencies, as there was with some South American countries. We'd have to plan on one of us staying in Bucharest, the capital city, at least six weeks. We'd have to find a child, make certain the baby didn't have AIDS, since infected children are not allowed to immigrate to the United States, locate a lawyer, get the parents' approval and obtain a signature from the new president, Ion Iliescu. Naively, perhaps, we still wanted to go ahead.



Now a full-time mom, Eileen wants to make up for her daughter's first year of deprivation

In April, another adoptive family told us of a Romanian lawyer, Mr. Perisoare (not his real name). We called, and his assistant, also named Daniela, said we should come right away. Elections were scheduled for May 20, and adoption laws might change after that.

We began a whirlwind of final arrangements. First, we had to get papers from the U.S. Immigration and Naturalization Service that would enable any children we adopted to enter the U.S. Next, we had to arrange time off from work. We were fortunate that our financial situation—and our employers—allowed us to do so. Although Mike had just started a new job—he's an engineer at GTE—he was able to take off for a week or so. I took a six-week unpaid leave from my job as a marketing manager for a travel-publishing firm. We had saved $10,000, to be used to pay typical U.S. adoption fees. That money would more than cover our stay in Romania, where living costs are cheaper.

In the last few days, we shopped frantically. First, baby clothes. What do you buy when you don't know whether you'll get a boy or girl—or two boys or two girls? I didn't even know how old they'd be. We also loaded up some other unusual cargo—Dani had told me to bring cigarettes and coffee beans as "gifts" for clerks and officials.

We didn't sleep the night before we left. We were too excited, too scared.

A NATION IN TURMOIL

As we approached the Bucharest airport on May 4, I could see tanks parked strategically around the field. The airport was dirty and dark, with rows of soldiers to greet you at the door.

When we arrived at our hotel, we could see a demonstration in the square out front. It had been going on for days and was to form the background for all my weeks there. The crowd was protesting the provisional government, which many people thought was as bad as the old one. That night more than ten thousand people joined the throng.

In the morning we met Daniela and Mr. Perisoare. They were charming. They asked us if two boys would be okay, since they knew of two baby brothers who might be available. Sure, we said. I really wanted a girl, but I had faith that God would pick the right child for us. "Please be ready to go to the orphanage tomorrow at two," Mr. Perisoare said. Mike and I hugged each other. We were sure we'd be parents soon. I didn't yet understand Romania. The next day I began to.

Mr. Perisoare and Daniela didn't show up till four. Then we drove ninety miles to a small hospital in the foothills of the Carpathian Mountains. The gate had barbed wire on top of it, and a guard sat at the desk. The hallways were dark, as there were no working light fixtures. We climbed the stairs and walked to the end of a long, narrow corridor, passing wards lined with tall white cribs occupied by surprisingly quiet babies and toddlers.

Then we found out that the two boys Daniela had described had left with another attorney; there were no other babies available at this hospital.

Next, Daniela suggested another child in another city—a two-and-a-half-year-old girl named Ancutsa, little Anna. We drove an hour to a hospital in Ploiesti. We met Anna, who was a darling. But we discovered that she had a brother who was four and a half. Their father had died, and no one knew where their mother was. We didn't want to separate Anna from the only family she had left, but we couldn't take her brother; our Massachusetts adoption papers stated that they were valid only for a child no older than three. We were heartbroken.

Sadder still was a second little boy there named Andre. He was cute, but he had a far-off look in his eyes. The next day we found out why. He was terminally ill.

For years I thought our greatest pain was not being able to have a child. I never realized how much more painful it would be to have to turn down a child.

AN EXHAUSTING ROLLER COASTER

After a week, we settled into a cheaper hotel and began a new daily routine. Our lawyer's clerk, Adrienne, picked us up at seven each morning, and we joined two other prospective parents on a series of wearying rounds. We'd go to hospitals to find children, look for parents, get blood tests, gather birth and marriage certificates, track down medical histories, visit the notary, meet with the county social worker, stop by the mayor's office, and wait. Often, we'd just wait.

Finally one afternoon we went to yet another hospital in Ploiesti.

Adrienne walked us into a room filled with a dozen one-year-olds available for adoption. How could we possibly choose among them? Then a nurse pointed me to an adorable little baby off alone in a corner crib. Lying on her stomach, the little girl popped her head up to see who was coming to visit her. I walked right over and picked her up. Her blue eyes were irresistible.

She was beautiful. She giggled and put her fingers in her mouth as I held her high in the air. I called Mike. He held her up to the window, and she pointed and made sounds like she wanted to get out. "Yes, you want to go home with us," he cooed. "We want you to come home with us, too!"

Mike handed her back to me. Now I noticed the sallow dark rings around her eyes. There were flakes of what looked like cornmeal in her hair and encrusted on her face. "If you look this beautiful dirty, you must be a knockout when you're clean," I said. Her diaper was wet; it was tied around her like a Sumo wrestler's garb. I held on to her the whole time we were in the hospital. Her name was Juliana, we were told. She *(continued)*

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(continued) was fourteen months old and just sixteen pounds.

They told us she had been very sick because her family couldn't feed her. Later, we discovered she had seven siblings. Juliana had been admitted to this hospital the previous November with pneumonia, rickets, anemia and chicken pox.

We were in love. Now we needed to find her parents to sign consent forms, and we needed the blood tests. We also needed to be prepared for disappointment.

Mike had to return home in two more days, on May 14. But we got good news before he left. Adrienne found Juliana's parents. They wanted to sign the consent forms. They love their baby, but they want her to have a good life in America, one they can't give her in their one-room hut. And her AIDS tests were negative. We were filled with joy. When Mr. Perisoare assured us the adoption would be completed in time for the election next week, our happiness was complete.

MY LONE ORDEAL

I thought I would lose control as Mike walked through the airport security on his way back to Boston, but somehow the strength I prayed for started to kick in. I didn't realize how much I'd need it. The next six weeks brought an endless round of disappointments and misunderstandings about the status of Juliana's papers. We needed to obtain the signature of President Iliescu before the elections on May 20. Mr. Perisoare assured me the papers would be submitted in time, but after the elections I discovered they had never been submitted at all. Then, although Iliescu had been voted in permanently, all signings were suspended for a while. In the end even Daniela and Mr. Perisoare gave up; they left for a three-week business trip to Spain without even telling me.

At the same time I had to worry about Juliana's health. She continued to suffer a croupy cough and high fever. I made the long trip to Ploiesti almost every day. At one point the staff was treating her with antibiotics, and I was terrified that they would use AIDS-contaminated needles to administer the drug. I arranged to supply the clinic with disposable syringes, but I had to go back to check that they were being used.

Still, it was a thrill to be getting to know my future daughter and to start helping her overcome the months of deprivation and neglect. We'd go outside, and when I put down a blanket so that she could sit, she never strayed over the edge—I don't think she knew what the grass was. And when I put toys around her, she didn't know how to play with them. She just clutched her hands together and inhaled with glee. She wouldn't touch the toys unless I encouraged her. But then she would smile—and her smile always melted me.

But I'd never quite forgotten Anna and her brother, Florin, since they were in the same town. Mike and I nurtured the dream that we could somehow adopt them too, even though it would be quite an undertaking. Back home Mike discovered that we could adopt an older child after all. But it was not to be. We never could find their mother. By this time the law had expired and no one knew if foreign adoptions would ever be allowed again.

May 30 was a day that will be forever engraved in my memory. It started with a severe earthquake near Ploiesti while I was visiting Anna and Florin. Thank goodness all the children were safe.

Later that day, I had to take Juliana for a battery of medical tests required by county authorities. My nerves frayed from the earthquake, I almost lost control when they submitted her to a strange brain-wave test that had no apparent medical purpose. She screamed the whole time, throwing the readings off, and they repeated it three times. I grabbed Juliana from the technicians and told them I thought it was archaic, stupid and sadistic! Thank God they didn't understand English.

When we returned to Juliana's hospital, her parents were there; they had come to check on her after the earthquake. They were a lovely couple in their thirties. I had hoped to be able to meet them and thank them for their precious gift. With tears in our eyes, we all hugged. "Adrienne, please tell them thank you for me," I said, "for the most wonderful gift anyone has ever given me." He beamed when he told me their reply. "In return, they ask only that you love her and care for her." I looked at them silently as if to burn their images in my mind. I would want to tell Juliana all about them someday. I could see she was going to be beautiful. Her birth parents certainly were. They both had her sparkling blue eyes.

THE FINAL DAYS

The grim reality of Romania had taken its toll, and I really missed Mike. I got sick myself for a while. I couldn't remember when I'd last had fish or fruit.

The situation in Bucharest had worsened. The crowd of Romanians outside the U.S. Embassy clamoring for exit visas had doubled. Everyone wanted out.

Things were getting desperate. Iliescu had called workers to come in and defend the city from demonstrators. Now there were miners everywhere, armed with sticks and poles. Some demonstrators were killed, and the administration arrested candidates from two opposition parties.

Then suddenly it was over. The president had finally signed our papers on June 14. I was so numb by this time I couldn't even believe it. My joy was also tempered by heartbreak at leaving Anna and Florin. But I had to do it. If we cannot bring them home in the near future, I hope that a Romanian family *(continued on page 206)*



These proud parents took a chance on a little boy born exposed to drugs. Their precious son has beaten the odds

"WE ARE SO LUCKY TO HAVE HIM"

BY CATHERINE BRESLIN

The national drug epidemic threatens America with a generation of lost children: Experts estimate that a million children may have been born with drugs in their systems in the last three years alone. These youngsters often face extraordinary medical and psychological problems, starting with painful drug withdrawal right after birth. Later effects are unpredictable; they may range from developmental deficits and learning disabilities to, in the worst cases, loss of the ability to control impulses, even to feel emotion, such as love. Some kids are born missing parts of their internal organs; others suffer from seizures or cerebral palsy.

But experts say that in many cases, with a strong program of early intervention and therapy, drug-exposed babies have good prospects of leading a normal life. As with the abandoned children of Romania, dedicated people are beginning to come forward to give these children an opportunity to thrive. Here is a tale of one such couple who took a chance on love.

Pam and Marty (for reasons of privacy, their last name and town are being withheld) married in 1978, and tried for seven years to have a baby. Marty, a salesman of women's accessories, already had two adult children from a previous marriage, but Pam, a Chicago department-store executive, desperately wanted one of her own. In 1985, Pam said, "God, I'm thirty-six; let's *(continued on page 201)*

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■ **O CHRISTMAS TREE, O CHRISTMAS TREES** In the kitchen (left), popcorn and cranberries string along stuffed-animal ornaments. Below, when the Lambs settle down for a long winter's nap, the vision of a romantic tree of hearts dances in their heads. In the living room (right), the Lamb family namesake tree sports a collection of miniature wild and woolly creatures.





IN THE AIR THERE'S A FEELING OF CHRISTMAS—FROM TALL-MASTED SHIPS AT THE SEAPORT TO THE SNOW-TOPPED HOMES. MEET THREE MYSTIC, CONNECTICUT, FAMILIES AS THEY DECK THE HALLS FOR A DOWN-EAST CELEBRATION.

BY LAUREN PAYNE, DECORATING EDITOR

A NEW ENGLAND CHRISTMAS



The ninth generation to occupy the Lamb family's 1714 saltbox home, Ed Lamb and his wife, Marlaine Bernier, can't imagine Christmas anywhere but New England—they love the aura of their quaint town when it's all wrapped in a blanket of new-fallen snow.

The Lambs lend their own bit of charm to the Mystic mystique—their sixty-plus flock of sheep frolics in their yard.

What makes a holly-jolly holiday for the Lambs? Trees, and they place one in just about every room, meticulously decorating each in a different motif.

And the evergreens are almost everlasting at the Lambs': Ed, an engineer, and Marlaine, an interior designer, both in their forties, love the wreaths so much that they keep the house a little cooler than normal and constantly mist the greens so they can enjoy them through the rest of the winter.

■ From the sandwich shop on the corner to an architect's office, Mystic's bedecked with boughs



All nautical art, Mystic Maritime Gallery. Paintings: in living room, Nelson H. White; in bedroom, Joseph Wilhelm. Floral design, Charlotte Hennegan for the Thames River Greenery. Details, page 197.









■ **DRESSED IN HOLIDAY STYLE Wearing a red bow, a giant white marlin that Jane reeled in overlooks poinsettias in the great room (above). Left: Playing reindeer games on an antique chest the Schaefers found in Bermuda. Below left: The Schaefers' "Mystical Mermaid" dons an evergreen stole in the spirit of the season**

With five children and five grandchildren (and one more already on the way) heading back to the Schaefer homestead for Christmas, Rudie and Jane Schaefer wouldn't dream of changing a thing about the way the family has always



celebrated the holidays.

What's in store for them? Lots of baking—shortbread, in the tradition of Jane's Scottish ancestors—and attending Christmas Eve church services.

An aficionado of anything aquatic, Rudie, sixty, the former president of Schaefer Brewing, and Jane, fifty-five, chose Mystic as their place to retire to eight and a half years ago and built this home on Fishers Island Sound. Year-round their home is decorated with nautical paintings (Rudie's a patron of the Mystic Maritime Gallery), which at Christmas share the mantel with boughs of hydrangea and holly, and of course, the family's stockings hung by the chimney with care.

Nautical paintings: above mantel, James E. Buttersworth; right of mantel, Thomas M. Hoyne III. Stockings, The Company of Craftsmen. Mermaid sculpted by Katherine Tod Johnstone. Details, page 197

This charming town's got all the trimmings







■ **DREAMING OF A WHITE CHRISTMAS** Right: A folk-art painting by noted local artist Elizabeth Mumford depicts a wintry waterfront scene in Mystic. (To order a Mumford print for your home, see page 146.) Above: Lil Maxwell, Wes's mother, crafted the Christmas dolls on the table in the keeping room. Left: A reindeer made of straw stands sentry over a few of the Maxwells' favorite things—sailboat paintings and Mary Anne's apothecary cabinet







Christmas at the Maxwell-Stets home begins December 2, the first Sunday of Advent, when Mary Anne, thirty-eight, a photographer for Mystic Seaport Gallery publications, cooks a special turkey dinner to ring in the season for her husband, Wes, forty-five, a builder, and their

children—Erin, eleven, J.R., nine, Henry, six, and Emily, one and a half.

After dinner, it's on to decorating their 1739 house—Nutcracker dolls and a mini tree in the dining room, a fireplace overflowing with red and white poinsettias in the keeping room. The Maxwells own a tree farm nearby, so every year the pick of the Christmas-tree crop adorns their living room.

In addition to their own family festivities, the Maxwells enjoy the way Mystic brings the community together to sing carols at the Seaport, where the town's two-hundred-year-old boat-building tradition goes on today. The family's own tribute to their town's heritage is a tugboat, far left, aground in the yard for the winter, sporting boughs on the bow and stern.

Nautical paintings: above left, Barry Thomas; middle left, Richard Loud



Knot your typical wreath: Nautical rope forms the center of this door decor in town



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LET IT GLOW,
LET IT GLOW.



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Removing dust a must.

To avoid damage to your furniture, avoid removing dust by dry dusting. It's dry dusting that grinds dust particles into your wood surfaces, causing scratches. But a cloth premoistened with Pledge cushions the cloth, allowing dust to be safely lifted and held. Thus, dust particles don't damage furniture, and also are not released back into the air to settle elsewhere.

Clean with care.

Typical holiday activities such as cooking, heating, and smoking can cause accumulations of dull, dingy film on your wood surfaces. Touching furniture can then leave smudges and smears. But furniture polished with Pledge resists these problems, because touchable-shine Pledge actually makes smears just disappear. In addition, Pledge doesn't leave behind a sticky, oily build-up that attracts and holds dirt, so Pledge keeps furniture beautiful longer.

Party protection.

Pledge on your wood provides a temporary barrier that protects it from common problems such as spills and glass rings. Alcohol and cologne should be blotted immediately (never rub) to prevent removal of finish. Candle wax should be allowed to harden, then pushed loose. If any waxy residue remains, remove with Pledge.

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Don't think of Pledge as only a wood polish. It also contains mild cleaners that clean other surfaces as well. Formica and plastic are left with a protective shine. You can even use Pledge to bring out the beauty of brass and other metal surfaces.

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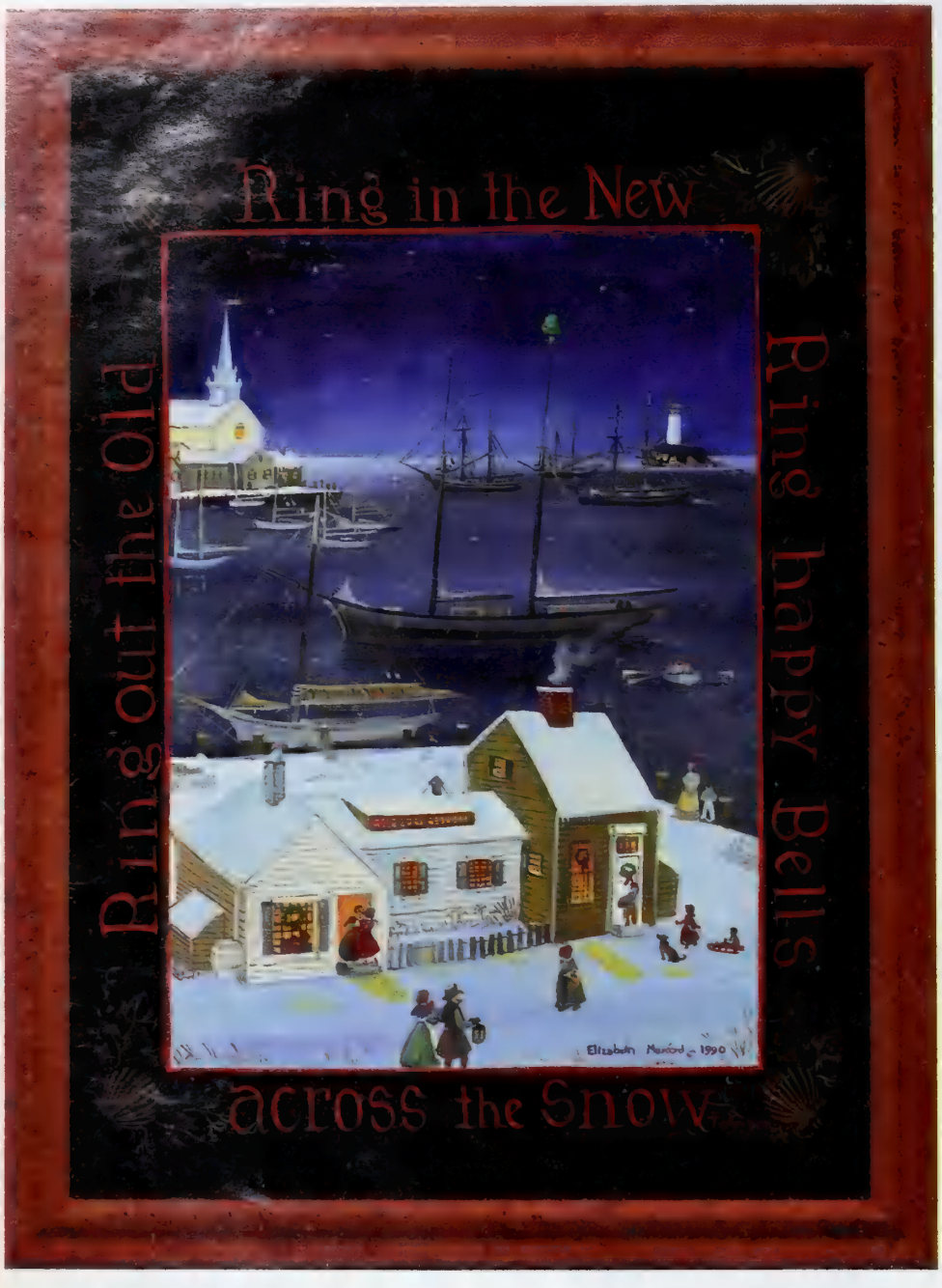
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A GIFT FROM MYSTIC



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SEE-WORTHY PHOTOS

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Masterpiece

MAKEOVERS



Want to be a stunning standout this party season? We've got the looks. On these pages, exclusively for LHJ, world-famous photographer Francesco Scavullo, makeup star Kevyn Aucoin and hairstylist extraordinaire Maury Hopson teamed up to turn two Journal readers into drop-dead glamour girls. Jeanine Recckio, above and right, is a sizzling example. Maury didn't need to do much to Jeanine's beautifully thick, curly hair—just a bit of layering around her face. Kevyn focused on Jeanine's eyes. He reshaped and extended the brows. Then he filled in the crease with a taupe shadow and brought the color around to create an illusion of depth. Black pencil liner, black mascara and a deep charcoal shadow add up to a sexy smoulder. Kevyn matched foundation and powder to Jeanine's yellow-toned complexion and warmed her face with a golden pink blush. The final touch: pale rose lip pencil lines and fills in lips, blended inward for a natural look. Dusty rose lipstick completes the transformation. All makeup, Coty: All-In-One Foundation in Natural Bisque; Airspun Loose Powder in Naturally Neutral; Dual Pan Bare Blusher in Cedar Rose/Sparkling Rosegold; Thick 'n Healthy Mascara in Black; Coty '24' Luminescent Lipstick in Tearose.



Masterpiece MAKEOVERS



Our superstar trio created an equally stunning evening look for Mary Zachary. Notice what a difference a crisp blunt cut can make: Maury trimmed several inches from Mary's fine hair to show off her neck and layered it subtly throughout. Kevyn again chose eyes as the focal point, and he made Mary's more luminous by applying a matte brown shadow to the entire lid and rimming them above and below with a deep, smoky pencil that contrasts with her light blue eyes. Black mascara, applied in several thin coats, "opens up the eyes like the rays of the sun," says Kevyn. He applied a barely-there blush for a hint of glow—whisking it on with a big fluffy brush and blending well from cheek to hairline. Kevyn kept Mary's lips pale, too—a beigy shade with a hint of shimmer to keep her face lively. He slightly exaggerated the center curve of Mary's lower lip to give her mouth a lusher shape. The result? Simply smashing! All makeup, Revlon: New Complexion Liquid Makeup in Naturally Beige; Naturally Glamorous Blush in Naturally Nude; New Age Therapy Line Concealer with Luminix; Custom Eyes Duo Shadow in Naturally Tan; Waterproof Eye Shaper in Onyx (lower lid); Powder Pencil For Lids & Brows in Graystone (upper lid); Powder Pencil For Lids & Brows in Redwood (brows); Super Lustrous Mascara in Black Cat Black; Super Lustrous Lipstick in Naked Beige; Waterproof Lip Shaper in Nudetones.



HOT SHOTS



Our quick hits of holiday glamour are just the ticket to give your daywear stunning P.M. party style

By Lois Joy Johnson, Beauty and Fashion Director



All that glitters this season is gold. How to get a gilt complex? Simply substitute a shimmery lamé top for your work-worthy sweater or shirt. Left: A 24-karat lamé tank takes you through the night in style. Pair with white trousers and a big gold belt for instant status. Tank, Regina Porter, $45; trousers, S.S.G.; jacket, J.H. Collectibles; bracelet, Miriam Haskell; belt, Omega; earrings, Ylang Ylang. Model, Maria Johnson of Next. Right: Jazz up any little black skirt with a standout black sequined tank. The look is definitely all about evening. Tank, Adrienne Vittadini, $155; skirt, The Limited; hose, Hanes; earrings, Marv Graff; clutch, Vanessa Fashion Imports. Model, Lauren Helm of Ford. Pillows, BeBe Winkler. Photos, Nesti Mendoza; hair, Rodney Martin for Pipino-Buccheri; makeup, Linda Mason.





THE HOLIDAY MOOD IS ALL-OUT LAVISH, SO SHOW OFF YOUR PARTY ATTITUDE WITH CLOTHING THAT PROVIDES PLENTY OF AFTER-DARK SPARK. LEFT: THE LAP OF LUXURY IS A SKINNY LITTLE STRETCH MINI IN FESTIVE RED WITH GOLD MEDALLIONS, PERFECT WITH A BLACK BLAZER AND JUST RIGHT FOR DANCING THE NIGHT AWAY. SKIRT, TRIPP, $35; JACKET, LIZ CLAIBORNE; SHIRT, LIZA BRUCE; HOSE, CHRISTIAN DIOR; EARRINGS, CARLOS FALCHI; MODEL, ANN BANNART OF NEXT. RIGHT: A GOLD LAMÉ BODYSUIT SIZZLES WHEN PAIRED WITH BLACK CREPE TROUSERS. REALLY WANT TO STEAL THE SHOW? SLIP THE BODYSUIT OVER A BLACK VELVET BUSTIER. BODYSUIT, REGINA PORTER, $80; TROUSERS, J.H. COLLECTIBLES; BUSTIER, HUIT FOR M.A. RABINOWITZ; BAG, VANESSA FASHION IMPORTS. PILLOWS, BEBE WINKLER.

PARTY STYLE SECRETS

OUR SINGLE SHOTS OF EVENING GLITZ PROVE JUST HOW EASY (AND INEXPENSIVE) IT IS TO DRESS TO THRILL. ALL YOU NEED TO DO IS SLIP ON ONE STANDOUT ITEM. BELOW, MORE HINTS



ABOVE: SWITCH YOUR SUIT SKIRT TO A SLIM VELVET WRAP SKIRT IN BOTTLE GREEN FOR AN ELEGANT TOUCH OF CLASS—PERFECT WITH AN IVORY SILK BLOUSE. SKIRT, J.H. COLLECTIBLES, $85; SILK BLOUSE, J. CREW; HOSE, CHRISTIAN DIOR; BELT, ROBERT LEE MORRIS. RIGHT: THE KICKIEST MINI WE'VE EVER SEEN IS A SHINING EXAMPLE OF HOW TO MAKE A BASIC BLACK OUTFIT SPARKLE. SILVER SEQUINED MINI BY STREET LIFE, $78; CASHMERE PULLOVER, N. PEAL; HOSE, DKNY; SUEDE PUMPS, ROBERT CLERGERIE. PHOTOS, NESTI MENDOZA; HAIR, RODNEY MARTIN FOR PIPINO-BUCCHERI; MAKEUP, LINDA MASON.

● You can take one of two approaches to evening dressing: Your party wardrobe can have exactly the same feeling as your daytime clothes, only dressier (for instance, if you usually wear a jacket and tailored pants and this is the outfit you're most comfortable in, go for a velvet jacket or velour leggings for a subtle but glamorous segue); or you can switch from daytime to dazzling by adding one piece in glitzy sequins or gold. One rule to remember: Wearing one black or white piece will always give you a base of sophistication.

● Black suede pumps are really the only fancy footwork you'll need. They look newsy and work 'round the clock. Go for the new higher heel, or try a low pump with a curvy Louis heel. Another party-perfect shoe style: snazzy velvet brocade slippers in black, sapphire, emerald or gold.

● Festive accessories are essential this time of year, but you don't need a lot of showy baubles to look the part: Pump up the size and impact of your jewels, but limit the number you wear. What looks great on everyone and goes



with everything? Jumbo pearl drop earrings, long shoulder-duster earrings with colorful mosaic jewels, a gold belt (choose from chain-link, gilded leather, plain or studded with rhinestones), pearl cuff bracelets and a small black velvet clutch or pouch.

FOOD JOURNAL



CHRISTMAS MEANS COOKIES

EASY AND ELEGANT

SIMPLY THE BEST, MOST BEAUTIFUL COLLECTION WE'VE EVER CREATED FOR YOU

HOME FOR THE HOLIDAYS

THREE WOMEN FONDLY REMEMBER CHRISTMAS AND CHANUKAH PAST, AND SHARE FAMILY RECIPES

TRIPLE-TESTED RECIPES LHJ

TREASURE CHESTS

A CACHE OF CHARMING GIFT BOXES TO MAKE AND FILL WITH TREATS

Everyone knows that the best things come in small packages—especially elegant little boxes you bake yourself! These delicate jewels make charming gifts when filled to the brim with sweet treats (you could even tuck a pricey treasure into one), as well as perfect decorative accessories for a coffee table or mantel to give your

TREASURE CHESTS

home a little extra holiday spirit. Either way, assembling and decorating these precious gems is a fun-filled activity the whole family will enjoy. Choose from three sizes, and make each as plain or fancy as your heart desires. By Colette Peters

Recipes begin on page 164.

Photos, Alan Richardson; prop stylist, Betty Alfenito.




NOEL

'Tis the season to be jolly, and what better way to put a great big smile on everybody's face than with dozens and dozens of delicious cookies! We pulled out all the stops this Christmas and whipped up batches of charming Santas, angels and bells, and they're truly a snap to create. All you need are five basic doughs—sugar, spritz, icebox, chocolate drop and spice—to turn out twenty-five different delights. We can't think of a merrier way to enjoy the season than baking with the kids, sending the heavenly aroma of homemade goodies all through the house. It's beginning to look a lot like Christmas . . .

CHRISTMAS MEANS COOKIES EASY AND ELEGANT

By Jan Turner Hazard, Food Editor

Recipes begin on page 178.

Photo, David Riley; prop stylist, Chris Cahill; food stylist, Susan West.







Small sharp knife
Small serrated knife
Wax paper
Foil
Cans or glasses for bracing
3 pastry bags with couplers and assorted tips
Paste food colors: turquoise, red, green, yellow
Metal spatula
Small artist's brush
Narrow gold decorative ribbon
Assorted candies

WHITE DECORATIVE ICING

1 box (1 lb.) confectioners' sugar
3 large egg whites
½ teaspoon cream of tartar

Beat all ingredients in large mixer bo until smooth and thick, about 5 minut Store in tightly covered container up to days. Makes about 2 cups. (This mak enough to decorate 2 or 3 boxes, o large box and 1 bow.)

COOKIE DOUGH

4¾ cups all-purpose flour
½ teaspoon salt
1 cup vegetable shortening
1 cup sugar
¾ cup light corn syrup
1 large egg
1 teaspoon almond extract
1 teaspoon vanilla extract

Combine flour and salt in large bo Beat shortening in large mixer bowl u fluffy. Add sugar and corn syrup and b well. Add egg and extracts and contin beating at low speed until blende Gradually add the flour mixture, ½ cup a time, until blended. Cut dough in h Wrap dough; refrigerate 2 hours. Pr ceed with directions for boxes of yo choice. Makes 2 large or 3 small boxe

DIMENSIONS FOR BOXES

Large squares
Five 4½-inch for top and sides
One 4-inch for base
Small squares
Five 3½-inch for top and sides
One 3-inch for base
Large rectangles
Two 6½ x 2½-inch for long sides
Two 4½ x 2½-inch for short sides
One 6 x 4-inch for base
One 6½ x 4½-inch for top
Small rectangles
Two 4¾ x 2¼-inch for long sides
Two 2¾ x 2¼-inch for short sides
One 4½ x 2¼-inch for base
One 4¾ x 2¾-inch for top

TO MAKE BOXES

Draw patterns on cardboard or foamcore w a ruler according to dimensions. Cut out.

Preheat oven to 350°F. Grease and flou cookie sheets. Roll dough on cookie she ¼-inch thick. Place pattern pieces on doug With sharp knife, cut out each piece in t number required to make a *(continue*

TREASURE CHESTS

continued from page 160

GENERAL TIPS

Directions are given for making and decorating each box. Create your own variations for decorating the boxes with candies, cereals, nuts and gum, which all can be glued on with Decorative Icing.

- Before you begin, read through the entire recipe.
- If you are making more than one box, bake and assemble all boxes before you begin decorating.
- Make Decorative Icing (to glue pieces and decorations) one recipe at a time.
- Use unthinned white icing to glue pieces and pipe decorations. Use thinned icing to paint base coat on box sides and top. To thin icing to painting consistency, dilute ¾ cup icing with 1 tablespoon water. If too thick, thin with water. If too thin, add confectioners' sugar. Structure will be stronger if allowed to dry in stages.
- To tint icing, use only paste food color (liquid coloring thins the icing too much). Icing will be slightly darker when dry.

EQUIPMENT

Heavy cardboard or foamcore board
Ruler
2 cookie sheets

Sue Bee
H·O·N·E·Y

Pure Sue Bee Honey adds delicious taste but no salt, fat, or cholesterol, to these fudgy, nutty treats. They're quick, easy, and sure to win raves!

Sue Bee Chunky Chocolate Bars

21 1/2-ounce package fudge brownie mix
(plus ingredients to make mix)
1/2 c. Sue Bee Honey
1/4 c. creamy peanut butter
3/4 c. chopped salted peanuts
6-ounce package semi-sweet chocolate chips

Preheat oven to 350° F. Prepare and bake brownie mix as directed on package, using saucepan directions. Meanwhile, combine honey and peanut butter in small saucepan and heat over low heat, stirring constantly. Keep warm. Immediately after removing brownies from oven, sprinkle with peanuts and chocolate chips. Drizzle with warm honey-peanut butter mixture. Cool completely before cutting. Makes 24 bars.

THE GOOD TASTE THAT'S GOOD FOR YOU!



TREASURE CHESTS

(continued from page 164

plete box. Re-roll scraps to make more kies. Bake about 15 to 17 minutes, l golden.

ransfer one baked cookie at a time from kie sheet to cutting board. Place pattern op and trim with sharp knife to square off es that spread during baking. This must done while cookie is still warm or it may k. Cool trimmed cookies on wire rack.

or corners to fit snugly the sides must be eled. When cookies are cool, hold the top e of each cookie to be used for sides, ing bottom edge on cutting surface. With ll serrated knife, trim each of the 2 side es in a sawing motion at a 45° angle so inside (flat side) of cookie is beveled ut ¼ inch.

o assemble box, set top cookie aside and e base cookie on sheet of wax paper. Fill try bag fitted with #15 (3/16-inch) plain tip ¼ cup icing. Pipe along one edge of e. Place an unbeveled edge of a side kie against icing. Press together tightly. o a can or a glass wrapped in foil against e to brace. Assemble remaining 3 s, gluing seams together with icing (see to, right). With tip of a knife, remove ess icing from seams. Let dry at least ours.

PAINT

n dried box onto one side. With small metpatula, spread thinned icing on one side and top of box. With artist's brush, smooth icing over corners to strengthen. Place candies and desired decorations onto wet icing as directed. Let dry 2 hours. Repeat on remaining sides, making sure that each side is dry before decorating the next.



TO MAKE BOW

Tint ¾ cup icing with desired color. Reserve 2 tablespoons icing; cover and set aside. Fill pastry bag fitted with #48 (½-inch) ribbon tip with remaining icing. Line cookie sheet with wax paper. Holding tip perpendicular to paper, pipe about 25 two-inch teardrop-shaped loops. Let dry at least 8 hours.

Pipe 1-inch mound of reserved icing on sheet of wax paper. Place 5 or 6 loops parallel to wax paper, pushing pointed ends into icing to form a circular row. Place another row of loops above the first row, adding more icing if necessary. Continue adding loops until a complete bow is formed. If loops start to droop, place small wads of paper towels between them. Let dry about 5 hours.

DESIGN VARIATIONS

Blue snowflake (pictured on page 159) Prepare a red icing bow as directed. Make a large square box. Tint ½ cup icing pale turquoise and thin to painting consistency. Paint box as directed. While icing is wet, sprinkle sides and top with 1 teaspoon small silver dragées. Let dry. Fill pastry bag fitted with #2 round tip with ½ cup thick white icing. Pipe snowflakes on top and sides as shown. Let dry. Place lid on box. Attach bow with icing.

Noël Make a small square box *except* do not assemble until decorated. With tip of knife, mark 4 equal squares on each side and top. Tint ½ cup icing red; thin ¼ cup to painting consistency. Tint ½ cup icing green; thin ¼ cup to painting consistency. Fit 2 pastry bags with #2 plain tips. Fill one with ¼ cup thick green icing; set aside. Fill the other with ¼ cup thick red icing. On one side, pipe a thin red cross along knife marks. Fill in the top left and the bottom right squares with thinned red icing. Let dry. On second side, repeat with green icing, filling in bottom left and top right squares. Letting each side dry before starting the next, repeat on third side with red icing, then on remaining side and top with green icing. On green sides, pipe outlines of "N" and "L" in the plain squares

(continued)

TREASURE CHESTS
continued

with #2 round tip and thick red icing. Fill in the letters with thinned red icing. Repeat on remaining sides and top of box, using green icing on red sides and red icing on green sides. Let dry. Outline letters "O" and "E" on green or red squares with reserved white icing. Assemble box as directed and let dry.

Marbled holly leaf Make a large square box. Fit 2 pastry bags with #2 plain tips. Fill one with ¼ cup thinned white icing, the other with ¼ cup thinned green icing. Paint one side of box with thinned red icing. Immediately pipe on 5 thick green curved lines about 1½ inches long randomly. Outline each with thin line of white icing. To form holly leaves, pull toothpick lengthwise through each green line so it comes to a point. Pull toothpick from the line to points on each side in the shape of a leaf. Let dry. Repeat on sides and top.

Christmas tree Make a small rectangular box. Cover top and sides with ½ cup thinned white icing. Let dry. Fill pastry bag fitted with #18 (¼-inch) star tip with ½ cup thick green icing. Beginning at top about 1¼ inches from left edge of one long side, pipe from left to right in zigzag pattern to form a triangular tree. Pipe another tree to the right of the first. Pipe trees at corners with center down along the seams. Pipe 3 trees on top. Attach red ball candies. Place top of box on sheet of wax paper. Fill pastry bag fitted with #15 star tip with 1 cup thick white icing. Pipe border around the edge. Glue a red candy at each corner.

White poinsettia Make a small square box; do not paint. Fill pastry bag fitted with #67 (⅓-inch) leaf tip with ½ cup thick white icing. Pipe white flowers on all sides and top of box. Attach 3 gold dragées to center of each flower. Fill pastry bag fitted with #2 plain tip with ¼ cup thick green icing. Pipe green leaves around each white flower. Let dry. Tie with gold decorative ribbon.

Pumpkin-seed wreath Make a large rectangular box. Paint sides with ½ cup thinned white icing. Let dry. Paint top with thinned icing; sprinkle on miniature white nonpareil candies. Let dry. Stand box on sheet of wax paper. Place top on another sheet of wax paper. Fill pastry bag fitted with #15 star tip with ⅓ cup thick white icing. Pipe line along bottom edge of box. Attach a row of large silver dragées along edge. Repeat on all sides and top. Place gold dragées and pine nuts alternately on box top; glue with white icing. Make wreath for top with pumpkin seeds as shown. Pipe a white icing bow in the center and attach gold dragées onto outline.

Green-and-yellow-snowflake Make a large square box. Paint sides alternately with ¼ cup *each* thinned green and yellow icing. Paint top with yellow icing. When dry, pipe ¼ cup *each* thick green and yellow icing on same color backgrounds in snowflake design. Attach dragées to wet icing snowflakes.

Silver dragée Make a red icing bow. Make a small square box. Thin white icing; paint one side of box. Sprinkle with 1 teaspoon small silver dragées. Let dry. Repeat on remaining sides and top. When dry, fill box as desired. Place top on box. With #48 (½-inch) ribbon tip, pipe ribbons onto sides so they cross in center of top. Attach bow with icing. ■

COOKIES
continued from page 162

Easy ● Challenging ◒ Moderate Ⓜ Microwave

SUGAR CUTOUTS

Prep time: 45 minutes plus chilling ○
Baking time: 10 to 12 minutes per batch

- 1 cup butter, softened
- 1 cup sugar
- 1 large egg
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- 2½ cups all-purpose flour

Beat butter in mixer bowl until light. Gradually beat in sugar until mixture is light and fluffy. Add egg, vanilla and salt; beat until blended. Add flour and beat until just combined. Divide dough into quarters. Wrap and refrigerate 4 hours or overnight.

Preheat oven to 350°F. Grease cookie sheets. Between 2 sheets of floured wax paper, roll one dough quarter ⅛-inch thick. (Keep remaining dough refrigerated.) Cut with 2- or 3-inch cookie cutters into desired shapes. Bake 10 to 12 minutes, until edges are golden. Cool on wire racks. Repeat with remaining dough. Decorate as desired. Makes 4 dozen 3-inch cookies, 75 calories, 4 gm fat each; or 8 dozen 2-inch cookies, 40 calories, 2 gm fat each.

Prepare recipe for Sugar Cutouts with va ations below; bake as directed.

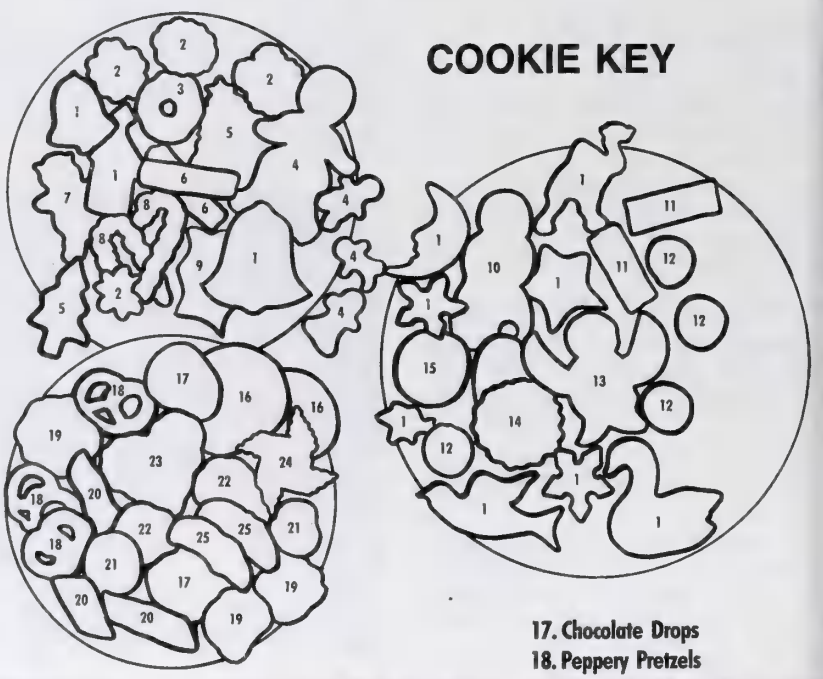
SUGAR PINWHEELS
Reduce butter to ½ cup. Beat 4 ounc cream cheese, softened, with butter. rolled dough with pastry wheel into 2 inch squares. Transfer to cookie sheet. dough becomes too soft, chill a few minut

For each square, make 1-inch diago cut at each corner. Place half t spoon premium raspberry jam in c ter. Lift every other corner tip and f into the center to make a pinwheel. C Sprinkle with confectioners' sugar. Bak to 7 minutes. Makes 7 dozen, 45 calori 2 gm fat each.

CHOCOLATE MINT TREES
Reduce flour to 2¼ cups. Add ⅓ cup u sweetened cocoa to dry ingredients. rolled dough with 3-inch tree-shaped cutt

Meanwhile, tint 1 cup Decorative Ic (recipe on page 183) with green fo coloring and flavor with ⅛ teaspo peppermint extract. Ice cooled cooki Decorate as desired. Makes 4 dozen, calories, 4 gm fat each.

LEMON–POPPY SEED STARS
Add 1½ teaspoons grated lemon peel butter-sugar mixture *(continu*



1. Sugar Cutouts
2. Orange Flowers
3. Spritz Wreaths
4. Spice Gingermen
5. Chocolate-Mint Trees
6. Espresso Bars
7. Lebkuchen Bears
8. Candy Cane Twists
9. Lemon–Poppy Seed Stars
10. Coconut Snowmen
11. Cinnamon Brownies
12. Pecan Wedding Cookies
13. Ginger Angels
14. Cinnamon Santas
15. Icebox Cookies
16. Florentines
17. Chocolate Drops
18. Peppery Pretzels
19. White Chocolate–Cherry Chunk Cookies
20. Jam Slices
21. Cocoa–Peanut Butter Sandwiche
22. Mocha Drops with Hazelnuts
23. Cranberry Hearts
24. Sugar Pinwheels
25. Biscotti

Big Raves

With Easy Little Cheese Cakes.*







MINI-CHEESECAKES

(Makes 12)

12 vanilla wafers
2 8 oz. packages cream cheese, softened
½ c. sugar
1 tsp. vanilla
2 eggs

Line muffin tin with foil liners.

Place one vanilla wafer in each liner. ◊ Mix cream cheese,vanilla and sugar on medium speed until well-blended. ◊ Add eggs. Mix well. Pour over wafers, filling ¾ full. Bake 25 min. at 325°.

Remove from pan when cool. ◊ Chill. ◊ Top with fruit, preserves, nuts or chocolate. ◊ Be creative!

*Actual size is cupcake size.

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REATE A STIR WITH CREAM CHEESE.

and 2 teaspoons poppy seeds to dry ingredients. Cut rolled dough with 2¾-inch star-shaped cutter. Bake as directed. Dip edges in lightly beaten egg white, then in colored sugar. Makes 7 dozen, 45 calories, 2 gm fat each.

CRANBERRY HEARTS
Cut rolled dough with 3½-inch heart-shaped cutter. Cut out centers of half the unbaked cookies with 2-inch heart-shaped cutter. (Chill all heart cookies on cookie sheets until firm.)

Meanwhile, heat 1⅓ cups cranberries, ½ cup sugar and 2 tablespoons water to boiling in medium saucepan over medium heat. Simmer until berries pop, 3 minutes; cool. Puree in blender.

Spoon 1 level measuring teaspoon filling on center of each uncut heart; brush edges with water. Top each with 1 cut-out heart, pressing edges to seal. Bake 12 to 15 minutes, until golden. Decorate if desired. Makes 28, 145 calories, 7 gm fat each.

SPICE GINGERMEN

Prep time: 50 minutes ○
Baking time: 10 minutes per batch

- 2½ cups all-purpose flour
- 2 teaspoons cinnamon
- 1 teaspoon ginger
- 1 teaspoon baking soda
- ¼ teaspoon allspice
- ¼ teaspoon salt
- ¾ cup butter or margarine, cut up
- ½ cup sugar
- ½ cup unsulphured molasses
- 1 large egg, lightly beaten

Combine flour, cinnamon, ginger, soda, allspice and salt in bowl. Melt butter, sugar and molasses in saucepan over medium heat. Remove from heat. Stir in dry ingredients, then egg, until smooth.

Divide dough in half. While dough is still warm, roll each half ⅛-inch thick between 2 sheets of wax paper. Refrigerate at least 1 hour or overnight.

Preheat oven to 350°F. Grease cookie sheets. Remove wax paper and cut dough with 2- or 5-inch cookie cutter. Bake 8 to 10 minutes. Cool on wire racks. Re-roll scraps; refrigerate and repeat. Decorate if desired. Makes 2½ dozen 5-inch cookies, 110 calories, 5 gm fat each; or 7 dozen 2-inch cookies, 40 calories, 2 gm fat each.

Prepare recipe for Spice Gingermen with variations below; bake as directed.

LEBKUCHEN BEARS
Add ⅓ cup finely chopped candied citron to dry ingredients and substitute ½ cup honey for molasses. Cut rolled dough with 3½-inch bear cutter. Bake. Decorate if desired. Makes 5 dozen, 60 calories, 2 gm fat each.

BISCOTTI
Increase flour to 3 cups and substitute 2 teaspoons baking powder for soda. Add 2 teaspoons aniseed to dry ingredients. Reduce molasses to ¼ cup. Increase sugar to ¾ cup and eggs to 2. Stir in 1 cup whole blanched almonds.

Divide dough in thirds and shape each piece into 10x1-inch log; do not refrigerate. Transfer logs to prepared cookie sheet. Bake 25 minutes or until golden and toothpick inserted in center comes out clean. Cool on wire rack.

Cut each cooled log diagonally into ½-inch-thick slices. Arrange slices flat on cookie sheets; bake 12 minutes more. Turn slices over and bake 5 to 8 minutes more, until both sides are golden brown. Sprinkle tops of cooled cookies with sifted confectioners' sugar. Makes 4½ dozen, 80 calories, 4 gm fat each.

PEPPERY PRETZELS
Increase flour to 3 cups and add 1 teaspoon freshly ground pepper to dry ingredients. Do not refrigerate dough. Roll into 1-inch balls, then roll each ball into 8-inch rope. Twist each rope into pretzel shape and transfer to prepared cookie sheets. Bake. Brush cookies with lightly beaten egg white. Sprinkle with colored sugar. Makes 5½ dozen, 55 calories, 2 gm fat each.

GINGER LACE COOKIES
Reduce flour to 1 cup, cinnamon to 1 teaspoon, ginger to ½ teaspoon and allspice and salt to ⅛ teaspoon each. Omit baking soda and egg. Stir ¼ teaspoon grated orange peel into butter-molasses mixture. Do not refrigerate dough. Drop batter by scant teaspoonfuls at least 3 inches apart onto prepared cookie sheets. Bake 6 to 8 minutes, until bubbly and browned. Cool on cookie sheet until just firm, 1 to 2 minutes. Transfer to wire racks. Dip edges of cookies into melted semisweet chocolate (about 2 oz. total). Makes 7 dozen, 30 calories, 1 gm fat each.

CHOCOLATE DROPS

Prep time: 40 minutes plus chilling ○
Baking time: 8 to 10 minutes per batch

- 1 cup all-purpose flour
- ¼ cup unsweetened cocoa powder
- 1 teaspoon baking powder
- ¼ teaspoon salt
- ½ cup butter or margarine, softened
- 1 cup sugar
- 1 large egg
- ½ teaspoon vanilla extract
- 1 package (12 oz.) miniature chocolate chips, divided

Preheat oven to 350°F. Grease cookie sheets. Combine flour, cocoa, baking powder and salt in bowl. Beat butter mixer bowl until smooth. Gradually be in sugar until light and fluffy. Add eg and vanilla; beat until blended. With mi er at low speed, beat in flour mixture ur just blended. Stir in ½ cup chocola chips. Refrigerate dough 15 minute

Roll dough into 1-inch balls. Ligh press tops of each ball into remainir chocolate chips, pressing to flatten. Pla 2 inches apart on prepared cook sheets. Bake 8 to 10 minutes. Cool wire racks. Decorate cookies with Dec rative Icing (recipe on page 183) if d sired. Makes 4 dozen, 85 calories, 4 g fat each.

Prepare recipe for Chocolate Drops w variations below; bake as directed.

COCOA–PEANUT BUTTER SANDWICHES
Omit chocolate chips. Roll dough in balls and flatten; bake and cool.

Melt 1 package (12 oz.) peanut bu ter chips. Spread on half the coole cookies; top these with remainir cookies to make sandwiches. Melt ounces semisweet chocolate. Dip ea cookie halfway into chocolate and to each with a peanut half. Makes 2½ do en, 150 calories, 8 gm fat each.

WHITE CHOCOLATE–CHERRY CHUN COOKIES
Omit chocolate chips. Stir 6 ounces whi chocolate, coarsely chopped, 1 cu chopped pecans and ½ cup dried che ries or raisins, chopped, into dough. Dro by teaspoonfuls onto prepared cook sheets. Bake. Makes 5 dozen, 65 calorie 4 gm fat each.

MOCHA DROPS WITH HAZELNUTS
Toast 1¼ cups (6 oz.) hazelnuts in 350° oven 15 minutes. Immediately rub in kitc en towel to remove skins; cool.

Chop nuts fine in food processor. I crease flour to 1⅓ cups. Dissolve 1 tea spoon instant coffee in 2 teaspoons h water; add to creamed butter-sugar mi ture. Omit chocolate chips. Roll each ba in chopped nuts and flatten; press 1 ca died cherry half onto each. Bake. Mak 5 dozen, 60 calories, 3 gm fat each.

CINNAMON BROWNIES
Line 9-inch square baking pan with fo Reduce flour to ⅔ cup and baking pow der to ¼ teaspoon. Increase cocoa to ½ cup. Add ¼ teaspoon cinnamon to dr ingredients. Increase egg to 2 and om chocolate chips. Spread batter in pa Bake 25 to 27 minutes, until cente springs back when lightly touched. Co in pan. Invert onto plate; remove foil.

Spread 1 cup Decorative Icing (recip on page 183) evenly over top of browni Pipe alternating lines of *(continue*



All Ready Pie Crusts



Peach-Cranberry Pie



Pumpkin Pie



Cherry Lattice Pie



Chocolate Chip Pecan Pie



Apple Pie



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(Full-batch made without Seasoning pack)



¼ cup (½ stick) margarine OR butter
1¼ teaspoons seasoned salt
4½ teaspoons Worcestershire Sauce
8 cups of your favorite Chex® Brand Cereals (Corn, Rice, and/or Wheat)
1 cup peanuts, of course!
1 cup pretzel sticks

Microwave Directions: • In large microwave-safe bowl melt margarine on HIGH 1 minute. Stir in seasoned salt and Worcestershire sauce. Gradually add cereals, nuts and pretzels, stirring until all pieces are evenly coated. Microwave on HIGH 5-6 minutes, stirring every 2 minutes. Spread on absorbent paper to cool. Store in airtight container.

(Half-batch made with Seasoning pack)



2 tablespoons (¼ stick) margarine OR butter
1 Traditional Chex® Brand Party Mix Seasoning Pack
4 cups of your favorite Chex® Brand Cereals (Corn, Rice, and/or Wheat)
½ cup mixed nuts
½ cup pretzel sticks

Microwave Directions: • In large microwave-safe bowl melt margarine on HIGH 30-45 seconds. Stir in seasoning pack. Gradually add cereals, nuts and pretzels, stirring until all pieces are evenly coated. Microwave on HIGH 3 to 3½ minutes, stirring every minute. Spread on absorbent paper to cool. Store in airtight container.

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■ COOKIES
continued

red and green Decorative Icing over top. Immediately draw lines with toothpick in opposite direction in decorative pattern. Let dry. Cut into 2x1-inch bars. Makes 32, 60 calories, 3 gm fat each.

ICEBOX COOKIES

Prep time: 30 minutes plus chilling
Baking time: 15 minutes per batch

2¼ cups all-purpose flour
½ teaspoon baking powder
¼ teaspoon salt
¾ cup butter or margarine, softened
½ cup granulated sugar
¼ cup firmly packed brown sugar
1 package (3 oz.) cream cheese, softened
1 teaspoon vanilla extract
1 large egg

Combine flour, baking powder and salt in bowl. Beat butter and sugars in mixer bowl. Beat in cream cheese, vanilla, then egg, until light and fluffy. Beat in dry ingredients until just combined. On sheet of wax paper, roll dough into 8-inch-long, 2¼-inch-diameter log. Wrap in wax paper; freeze 2 hours or refrigerate overnight.

Preheat oven to 350°F. Line 2 cookie sheets with foil. Cut log into ¼-inch-thick slices. Place 2 inches apart on cookie sheets. Bake 8 to 10 minutes. Cool. Decorate if desired. Makes 32, 100 calories, 5 gm fat each.

Prepare recipe for Icebox Cookies with variations below; bake as directed.

COCONUT SNOWMEN

Finely chop 1 cup sweetened coconut in food processor; add to butter-cream cheese mixture along with dry ingredients. Roll ½ cup dough into 5-inch-long, 1¼-inch-diameter log. Roll 1 cup dough into 5-inch-long, 1½-inch-diameter log. Roll remaining dough into 5-inch-long, 2½-inch-diameter log. Chill. Cut each log into ¼-inch slices. On prepared cookie sheet, arrange 1 circle of each size with edges touching to form snowman. Bake as directed. Decorate if desired. Makes 20, 180 calories, 10 gm fat each.

CINNAMON SANTAS

Add 1½ teaspoons cinnamon to dry ingredients. Roll into 8-inch-long, 2¼-inch-diameter log. Chill. Cut into thirty-two ¼-inch-thick slices. Cut 11 slices into half-circles. Arrange circles 3 inches apart on cookie sheets. Attach 1 half-circle to each whole circle for Santa's hat. Bake as directed. Decorate as desired. Makes 21, 155 calories, 8 gm fat each.

GINGER ANGELS

Add 2 tablespoons chopped candied ginger to dry ingredients. Shape ¾ cup dough into 7-inch-long, 1¼-inch-diameter log. Roll remaining dough into 7-inch-long, 2¼-inch-diameter log. Chill. Cut larger log into twenty-eight ¼-inch-thick slices. Cut 14 slices in half. Place remaining 14 slices on cookie sheet for body and attach two half-circles, rounded sides out, for wings. Slice small log into twenty-eight ¼-inch-thick slices. Attach small circles to body for head. Cut remaining circles in half and attach to body, rounded side up, for feet. Bake. Decorate as desired. Makes 14, 240 calories, 13 gm fat each.

JAM SLICES

Divide dough into quarters. Roll each quarter into 10-inch-long, ¾-inch-diameter log. Gently press down with fingertip along center of each log to make ½-inch-deep indentation. Fill each log with about 3 tablespoons premium raspberry, strawberry or

ricot jam. Refrigerate 15 minutes. Slice each log crosswise o 1-inch-wide pieces. Bake 15 minutes. Makes 40, 95 calo- s, 4 gm fat each.

PRITZ WREATHS

ep time: 35 minutes ○
king time: 12 to 14 minutes per batch

cups all-purpose flour
cups unsalted butter, softened
Pinch salt
cup sugar
large egg yolks
teaspoon vanilla extract

heat oven to 350°F. Combine flour and salt. Beat butter and gar in mixer bowl until light and fluffy. Beat in yolks and nilla. Beat in dry ingredients at low speed until just incorpo- ed. Spoon one third of the dough into pastry bag fitted with ½-inch star tip, or spoon dough into cookie press fitted with eath disk. Pipe into wreaths onto ungreased cookie sheets. ke 12 to 14 minutes, until edges are golden. Cool on wire ks. Repeat with remaining dough. Decorate as desired. kes 5 dozen, 65 calories, 4 gm fat each.

epare recipe for Spritz Wreaths with variations below; bake directed.

PRESSO BARS

rease sugar to 1 cup. Dissolve 1 tablespoon espresso powder vanilla extract and add to beaten butter-sugar mixture. oon dough into pastry bag fitted with #5 ½-inch star tip. e 3-inch lengths of dough onto cookie sheets. Bake as ected. Dip each end of cooled cookies in Decorative Icing cipe below) and colored sugar if desired. Makes 7 dozen, 50 ories, 3 gm fat each.

RANGE FLOWERS

ld ½ teaspoon grated orange peel to beaten butter-sugar xture. Insert flower-shaped disk into cookie press and pipe. ke. Decorate as desired. Makes 5½ dozen, 60 calories, 4 n fat each.

CAN WEDDING COOKIES

duce oven temperature to 325°F. Add 1 cup toasted ground cans to beaten butter-sugar mixture. Roll dough into 1-inch lls. Bake 20 to 25 minutes. Roll cookies in ⅔ cup confection- ' sugar. Makes 7 dozen, 55 calories, 4 gm fat each.

NDY CANE TWISTS

crease butter to 1 cup. Substitute 1 whole egg for 2 yolks. Reduce nilla to ½ teaspoon and add 1 teaspoon peppermint extract to ter-sugar mixture. Divide dough in half. Blend ¼ teaspoon red d coloring into one half. Refrigerate dough 30 minutes.

For each cookie, roll 1 scant tablespoon each white and red ugh into 6-inch-long rope. Place ropes side by side, press ntly together and twist. Arrange on cookie sheet and curve e end to form each cane handle. Repeat with remaining ugh, and bake 8 to 10 minutes. Makes 4 dozen, 70 calories, gm fat each.

ECORATIVE ICING

al prep time: 10 minutes ○

mbine 2 cups confectioners' sugar, 1 large egg white and 1 blespoon water in mixer bowl. Beat until smooth and thick- ed, 3 to 5 minutes. Tint icing with paste or liquid food oring as desired. Makes 1½ cups. ■

cipes developed by Carol Prager and Jennifer Brazil.

he October issue of LHJ, the recipes in "Cookie Superstars" are from book MAIDA HEATTER'S BEST DESSERT BOOK EVER by Maida Heatter. yright © 1990 by Maida Heatter. Published by Random House, Inc.



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HOME FOR THE HOLIDAYS

Three fabulous cooks share delightful family memories of celebrations past and pass along terrific traditional menus for very special holiday meals





Above: Kate Firestone prepares her sumptuous spread: roast goose (left) with roasted potatoes, Brussels sprouts and cranberry-orange sauce

When I was growing up in England, Christmas always began with services the night before at the church where my father was the minister. We awoke the next day to find that Saint Nick had generously filled the stockings my siblings and I had placed at the foot of our beds. Only after morning church services and our lunchtime Christmas dinner could we finally see the tree for the first time. Today I live with my husband, Brooks, and the youngest of our four children on a cattle ranch in California. We usually have a dozen for Christmas dinner, and I prepare the English feast I learned from my mother. To work up an appetite, we plan an activity every year—once we acted out Dickens's A Christmas Carol. *Then my husband carves the goose and we complement each course with wine from our own vineyard for a Christmas repast that reflects our heritages, from England to California.* —KATE FIRESTONE ▶

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HOME FOR THE HOLIDAYS



As a child in Providence, Rhode Island, I always looked forward to Chanukah—for the thrill of lighting the menorah, the excitement of receiving presents and, best of all, the marvelous meal my mother prepared. I loved watching her make potato pancakes, which are cooked in oil to symbolize the miracle of Chanukah twenty-one hundred years ago in Jerusalem. Every year in our Washington, D.C., home, my children, husband Allan Gerson and I prepare recipes that have been handed down for generations, and everyone lends a hand. Five-year-old David always volunteers to stir the homemade applesauce and along with his sisters, Daniela, twelve, and Merissa, eight, loves to make challah, which requires forming delicate egg bread into a braid. We begin the Chanukah supper with mountains of crisp little potato pancakes. For the main entrée, I make my mother's tender beef brisket—the aroma wafting through the house as it braises gently in the oven is the most comforting scent I know. The refreshing cucumber salad comes from my father's older sister Lisl. For dessert, I like to serve little melt-in-your-mouth sugar cookies—the recipe is the one Aunt Lisl used to bake with her own mother while growing up in Bavaria. Although it wouldn't be Chanukah without all the old family favorites, I occasionally update our traditional meal; for instance, I'll add shredded zucchini to the potato pancakes to make them lighter, and Americanize the cookies by using pecans instead of almonds. I hope my children will feel free to do the same when they grow up and carry on our traditions in their own ways. —JOAN NATHAN



Above, clockwise from top right: challah, brisket, potato latkes, cucumber salad. Left: Joan Nathan, author of *The Jewish Holiday Kitchen*

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BAKED SOUTHWESTERN DIP



loaf (16 ounces) white peasant or pumpernickel bread (unsliced)
package (8 ounces) cream cheese, softened
cup dairy sour cream
cup prepared hot salsa
½ cups (6 ounces) shredded cheddar cheese
iced fresh vegetables

reheat oven to 400 F. Cut a ¼-inch slice from top of bread; set aside. Remove center from bread leaving ½-inch thick shell. Cut center in 1-inch cubes. Bake until asted, about 5 minutes. With an electric mixer beat cream neese, sour cream and salsa until smooth. Stir in cheddar neese; spoon into bread shell. Place reserved slice on top; rap in foil. Bake until hot, about 1½ hours. Serve with iced fresh vegetables and toasted bread cubes.

IELD: about 2 cups

ote: The dip can also be baked and served in a shallow quart baking pan. Bake, covered, reducing baking time to out 30 minutes.

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CHOCOLATE SURPRISE CAKE



12 ounces (from 8-ounce packages) cream cheese, softened
¼ cup sugar
1 egg
½ teaspoon vanilla extract
1 package (18.25 ounces) chocolate cake mix
½ cup semisweet chocolate mini morsels

Preheat oven to 350 F. Butter and flour a 12-cup fluted tube pan. In a small mixing bowl using an electric mixer, beat cream cheese and sugar until smooth. Add egg and vanilla extract; beat until blended; set aside. Prepare cake mix as label directs; fold in chocolate mini morsels. Pour the chocolate batter into prepared pan; evenly cover with cream cheese mixture. Bake until a wooden pick inserted in the center of the cake comes out clean, 45 to 55 minutes. Cool on a wire rack for 25 minutes. Remove from pan; cool completely. Dust with confectioners sugar and serve with whipped cream and raspberries, if desired.

YIELD: 12 portions

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CITRUS CREAM CHEESE PIE



package (8 ounces) cream cheese, softened
tablespoons sugar
lilk
tablespoon lime juice
teaspoon grated lime peel
teaspoon grated lemon peel
package (4 ounces) instant vanilla pudding and pie filling
inch graham cracker pie crust or 1 package (6 ounces) prepared graham cracker pie crust

n a small bowl with an electric mixer beat cream cheese and sugar until smooth. Add 1 tablespoon milk, lime ice and lime and lemon peels; beat until blended; set aside. repare vanilla pudding and pie filling as label directs for e filling using 1¾ cups milk. With a wire whisk stir cream neese mixture into pudding. Spoon into pie crust. Cover nd refrigerate until set, about 2 hours. Garnish with hipped cream, lemon and lime slices, if desired.

IELD: 8 portions

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STUFFED VEGETABLES WITH HERBED CREAM CHEESE



1 package (8 ounces) cream cheese, softened
⅓ cup grated parmesan cheese
1 teaspoon milk
½ teaspoon italian seasoning, crushed
⅛ teaspoon ground black pepper
*Prepared vegetables**

In the small bowl of an electric mixer beat cream cheese, parmesan cheese, milk, italian seasoning and black pepper until smooth. With a pastry bag fitted with a star tip, or a teaspoon, fill vegetables with mixture. (For Baked Mushrooms Filled With Herbed Cream Cheese: Brush mushroom caps with melted butter. Spoon cream cheese mixture into caps; bake in a 400 F. oven until hot, 5 to 10 minutes.)

YIELD: 1 cup cream cheese mixture

*Seeded cherry tomatoes, thin cucumber slices, sweet red pepper squares, 1-inch celery lengths, etc.

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CREATE A STIR WITH CREAM CHEESE.

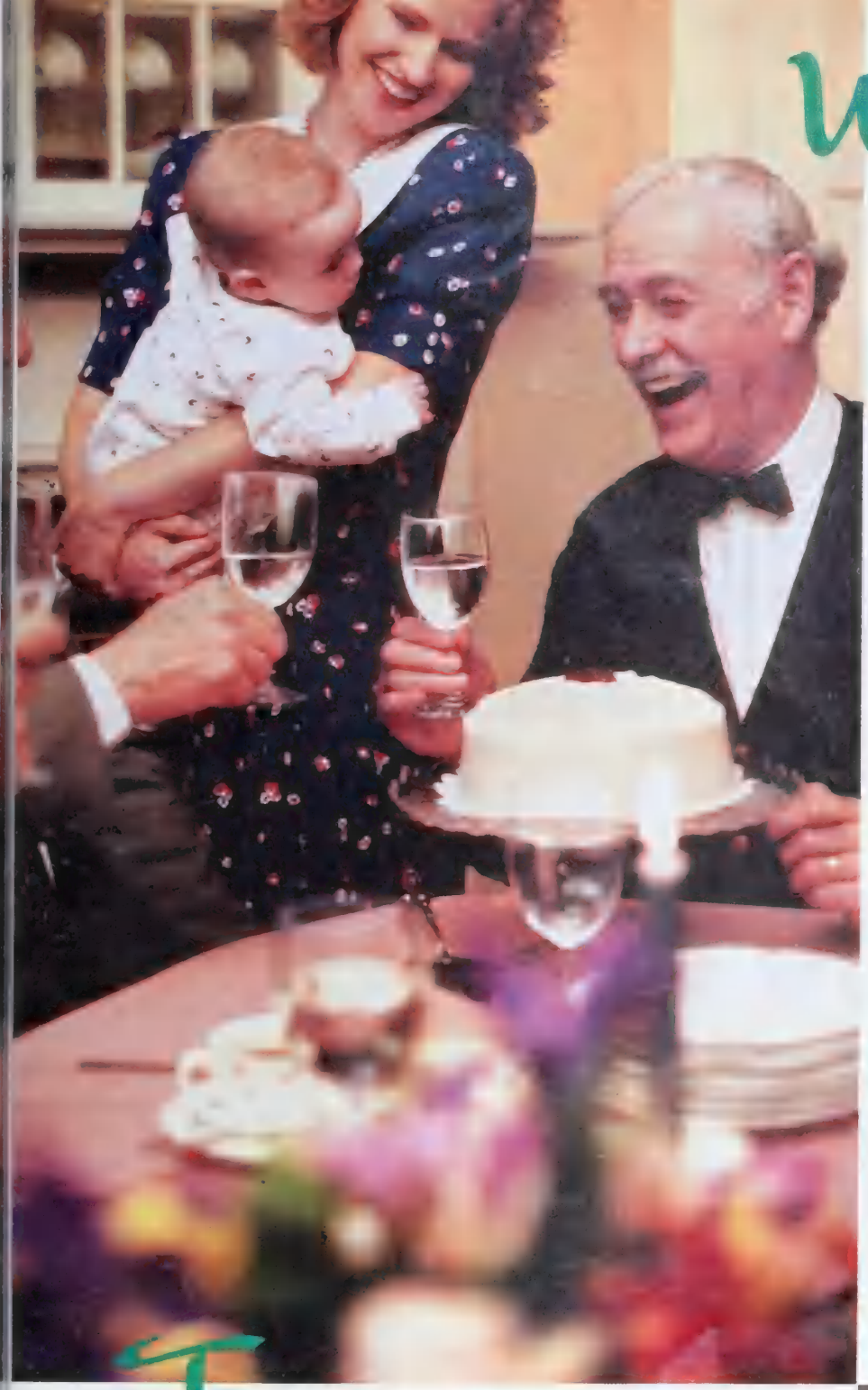
HOME FOR THE HOLIDAYS





Above: linguine with lobster sauce. Right: Susan Sarao Westmoreland, an LHJ food editor, and her mom, Eleanor

The highlight of the season in my Italian family has always been Christmas Eve dinner, followed by games with my grandfather around the long mahogany table until it's time for midnight Mass. We always mark the occasion with a feast of seven fish dishes. My maternal grandmother, one of the best cooks I have ever known, loved this meal and cooked heart and soul to make it perfect for us all. We each had our favorite dishes. My brother always tried to beat last year's record for eating stuffed calamari. Pasta with lobster sauce was the course I waited for, my fork poised to twirl the linguine as my grandfather had taught me. As the oldest grandchild, I spent many days in the kitchen with my grandmother and mother planning the menu and discussing how many pounds of linguine to cook. After my grandmother died, my mother and I took to hosting the dinner. We would plan and revise for weeks, inviting all of our family and friends to share the tradition. Though the menu changes as the years go by, we always have the beloved pasta, and we always debate how many pounds to cook. Now that I am married, my husband, Rip, and I spend alternate Christmases with my family in Boston and his in Charleston. The first year my mother-in-law asked me how she could make their *Christmas Eve dinner more like Christmas in my own home. I called my mom and we streamlined the menu to render it possible for one cook by including seven fish, but not in seven separate courses. Luckily, my new family loves seafood, and now it's Rip who insists on the linguine with lobster sauce!* —SUSAN SARAO ▶



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HUNT'S® INTRODUCES TWO











HOME FOR THE HOLIDAYS
continued

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English Christmas dinner (serves twelve)

**Smoked salmon with lemon*
A Brace of Geese with Chestnut Stuffing
Cranberry-Orange Sauce
**Brussels sprouts*
Roasted Potatoes
Baked Parsnips and Apples with Tangerines
**Green beans with lemon peel and almonds*
**Green salad*
Firestone Trifle
Christmas Pudding with sweetened whipped cream
Firestone Cabernet Sauvignon

**Recipe not given*

A BRACE OF GEESE WITH CHESTNUT STUFFING

pictured on page 184

It takes two geese to feed twelve at our Christmas table. Spoon drippings from pan often, and bake any extra stuffing on the side.

Prep time: 40 minutes
Cooking time: 3 hours

Stuffing
- ½ pound sliced bacon, diced
- 2 goose hearts and livers, minced
- 2 cups chopped onions
- 2 cups chopped celery
- 1 tablespoon minced garlic
- ½ cup butter or margarine, cut up
- 1 package (16 oz.) herb stuffing mix
- 2 pounds chestnuts, boiled, peeled and coarsely chopped
- 1 cup chopped apples
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 4 large eggs, beaten

- 2 geese (10 lb. each), thawed if frozen
- 1 tablespoon salt
- 1 cup water
- 1 cup white wine
- 2 tablespoons honey
- 2 tablespoons fresh lemon juice

Pan Gravy
- 2 goose gizzards, coarsely chopped
- 2½ cups chicken broth
- 3 tablespoons flour
- ¾ cup red wine
- Salt and freshly ground pepper

Stuffing: Cook bacon over medium heat until just crisp, about 4 minutes. Add goose hearts and livers, onions and celery; cook until onions are translucent, 6 minutes. Stir in garlic and butter. Remove from heat; stir in stuffing mix, chestnuts and apples. Season with salt and pepper. Cool completely. *(Can be made ahead. Cover and refrigerate overnight.)* Stir in eggs. Makes 18 cups.

Preheat oven to 450°F. Remove excess fat from each goose; rinse geese and pat dry. Rub inside cavities and all over geese with salt. Loosely fill neck and breast cavities with stuffing. Fold neck skin over back of geese and fasten with skewer or toothpick. Tie legs together with string. Prick geese all over with fork.

Place geese, breast side up, on rack in large roasting pan. Pour water and wine into pan. Roast 30 minutes. Reduce oven temperature to 350°F. Roast 2 hours. Remove all fat from pan with ladle; reserve. Combine honey and lemon juice; brush over geese. Roast 30 minutes more, or until meat thermometer inserted into thickest part of thigh reaches 180°F.

Transfer geese to carving board or platter and let stand 15 minutes before carving. Makes 12 servings.

Pan Gravy: Meanwhile, bring gizzards and broth to boil in small saucepan. Re-

NEW SPAGHETTI SAUCES











uce heat and simmer 15 minutes, then rain broth. Pour off all but 2 tablepoons drippings from roasting pan. Stir our into pan and cook, stirring, over edium heat 1 minute. Add broth and ine. Bring to boil and cook, stirring and craping up browned bits, 3 minutes ore. Season to taste. Makes 3 cups.

utrition info per ½ cup stuffing: 160 calories, 4 gm otein, 8 gm fat, 17 gm carbohydrates, 310 mg dium, 64 mg cholesterol.

utrition info per 3 ounces goose: 265 calories, 21 n protein, 19 gm fat, 1 gm carbohydrates, 192 mg dium, 78 mg cholesterol.

utrition info per 2 tablespoons pan gravy: 40 lories, 4 gm protein, 2 gm fat, 1 gm carbohydrates, 6 mg sodium, 51 mg cholesterol.

RANBERRY-ORANGE SAUCE

ctured on page 184

is simple, classic sauce keeps very well nd complements all poultry.

rep time: 5 minutes
ooking time: 10 minutes

- 1 orange
- 1 cup sugar
- cup water
- 3 cups fresh cranberries
- teaspoon nutmeg
- teaspoon cinnamon

rate peel from orange; set aside. Remove and discard all white pith with arp knife. Cut orange into quarters; place in food processor and pulse until chopped fine.

Bring sugar and water to boil in medium saucepan. Add chopped orange and peel, cranberries, nutmeg and cinnamon. Bring to boil, reduce heat and simmer 5 minutes. Cool completely. *(Can be made ahead. Cover and refrigerate up to 1 week.)* Makes 2¾ cups.

Nutrition info per 2 tablespoons: 45 calories, 0 gm protein, 0 gm fat, 12 gm carbohydrates, 0 mg sodium, 0 mg cholesterol.

ROASTED POTATOES

pictured on page 184

Reserved goose drippings give the potatoes great flavor and golden crispness.

Prep time: 10 minutes
Cooking time: 45 to 55 minutes

- 5 pounds large baking potatoes, peeled and cut into eighths
- ½ cup goose drippings or butter
- Salt and freshly ground pepper

Preheat oven to 450°F. Spread potatoes in jelly-roll pan. Heat goose fat in saucepan until almost smoking. Pour over potatoes and toss to coat. Roast potatoes, turning occasionally, until golden brown, about 45 to 55 minutes. Season with salt and pepper. Makes 12 servings.

Nutrition info per serving: 180 calories, 3 gm protein, 8 gm fat, 26 gm carbohydrates, 87 mg sodium, 21 mg cholesterol.

BAKED PARSNIPS AND APPLES WITH TANGERINES



The humble parsnip, a winter staple of the English garden, has a sweet, earthy flavor that's delicious with these tangy fruits.

Prep time: 20 minutes
Cooking time: 1 hour

- 1 tangerine or orange
- 1 pound parsnips, peeled and sliced thin diagonally
- ½ teaspoon salt
- 2 large Granny Smith apples, peeled, cored and sliced thin
- ¼ cup butter or margarine, melted
- 1 tablespoon brown sugar
- ½ cup tangerine or orange juice

Preheat oven to 350°F. Remove peel and all white pith from tangerine with sharp knife. Cut tangerine into *(continued)*

thin slices.

Combine parsnips, salt and water to cover in saucepan. Heat to boiling and cook until just tender, about 3 minutes. Drain and transfer parsnips to shallow 3-quart casserole. Add apple and tangerine slices; toss. Mix butter, brown sugar and orange juice in small bowl. Pour into casserole and toss to coat. Bake covered 45 minutes, then uncovered 15 minutes more. Makes 12 servings.

Nutrition info per serving: 85 calories, 1 gm protein, 4 gm fat, 12 gm carbohydrates, 134 mg sodium, 10 mg cholesterol.

CHRISTMAS PUDDING



We make our Christmas pudding a month ahead, to let the flavors mellow to perfection. (In England, they're traditionally made a year before they're eaten!)

Prep time: 50 to 55 minutes
Cooking time: 5 to 6 hours

- 1 cup self-rising flour
- 1 teaspoon allspice
- 1 teaspoon cinnamon
- ½ teaspoon salt
- ½ teaspoon nutmeg
- ½ teaspoon ground cloves
- 8 ounces suet, shredded, or chilled butter, cut up
- 2 cups fresh white bread crumbs
- 1¼ cups firmly packed brown sugar
- 1 cup shredded carrots
- 1 cup shredded apples
- 2 cups dark raisins
- 1½ cups currants
- 1½ cups golden raisins
- ⅔ cup mixed candied peel
- ½ cup walnuts, chopped
- ½ cup sliced almonds
- 1 teaspoon grated orange peel
- ½ teaspoon grated lemon peel
- 4 large eggs, beaten
- ¼ cup molasses
- 1 cup brandy, divided
- ¼ cup orange juice
- 2 tablespoons lemon juice
- Boiling water
- Sweetened whipped cream

Grease two 1½-quart pudding molds with lids or ovenproof mixing bowls. Sift flour, allspice, cinnamon, salt, nutmeg and cloves into large bowl. Add next 13 ingredients and stir until well combined. Stir in eggs. Bring molasses, ¾ cup brandy, and orange and lemon juices to simmer in small saucepan; stir.

Pour half the batter into each mold or bowl. If using molds, clamp on lids. If using bowls, cover each with double thickness of buttered wax paper, then foil. Tie string around edge of each bowl to secure. Refrigerate overnight.

Place cake rack in each of 2 pots large enough to fit molds. Place each mold on rack. Pour in enough boiling water to reach three quarters of the way up side of mold. Cover and steam puddings over medium heat 5 to 6 hours, adding boiling water as necessary to maintain water level. Cool to room temperature. *(Can be made ahead. Remove from molds. Wrap and refrigerate up to 1 month. To reheat, steam 1 hour.)*

Warm remaining ¼ cup brandy in small saucepan. Pour the brandy over pudding, then carefully ignite. When flames die down, serve pudding with sweetened whipped cream. Makes 12 servings each.

Nutrition info per serving: 685 calories, 8 gm protein, 26 gm fat, 102 gm carbohydrates, 343 mg sodium, 92 mg cholesterol.

(continued)

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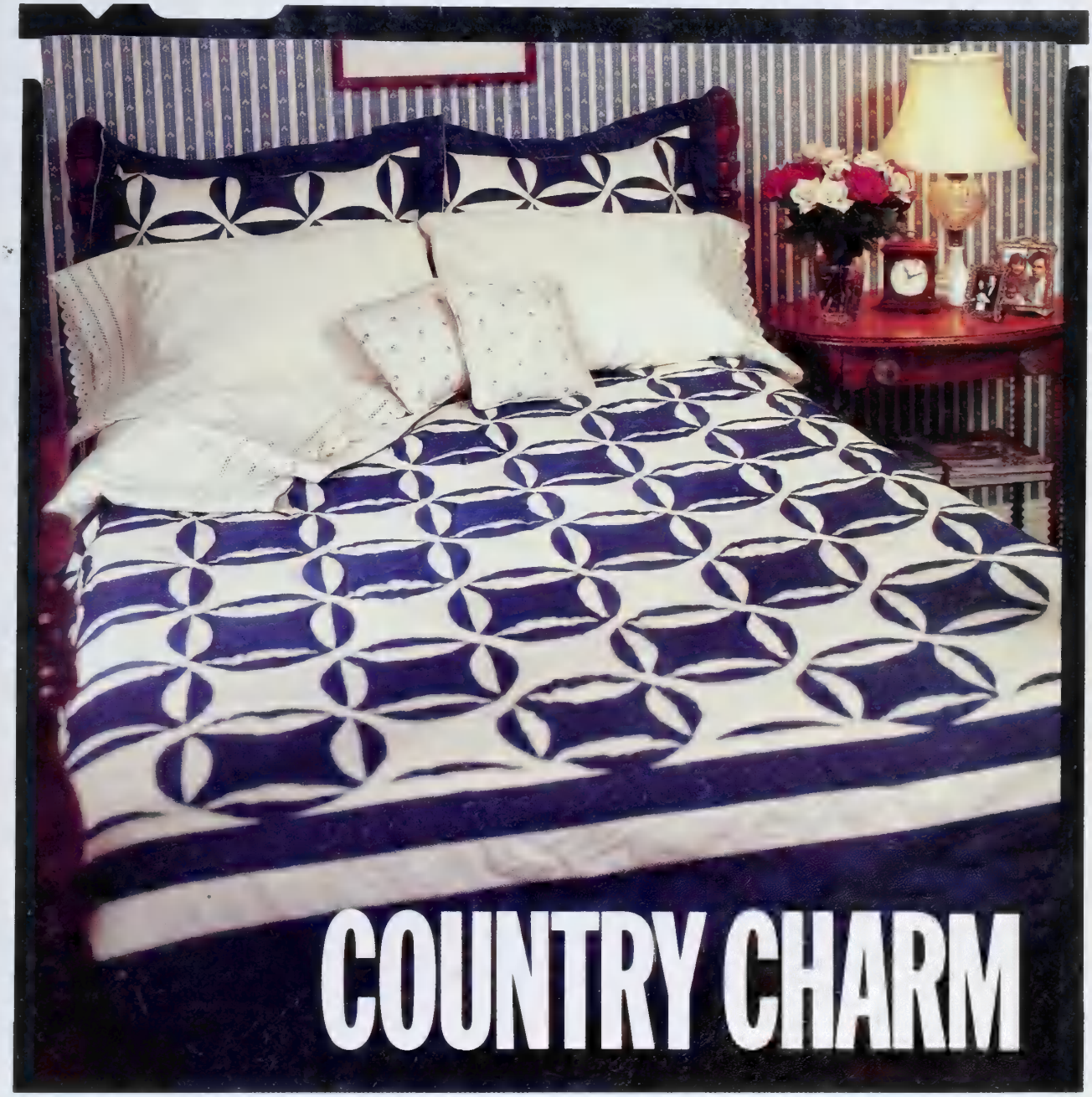
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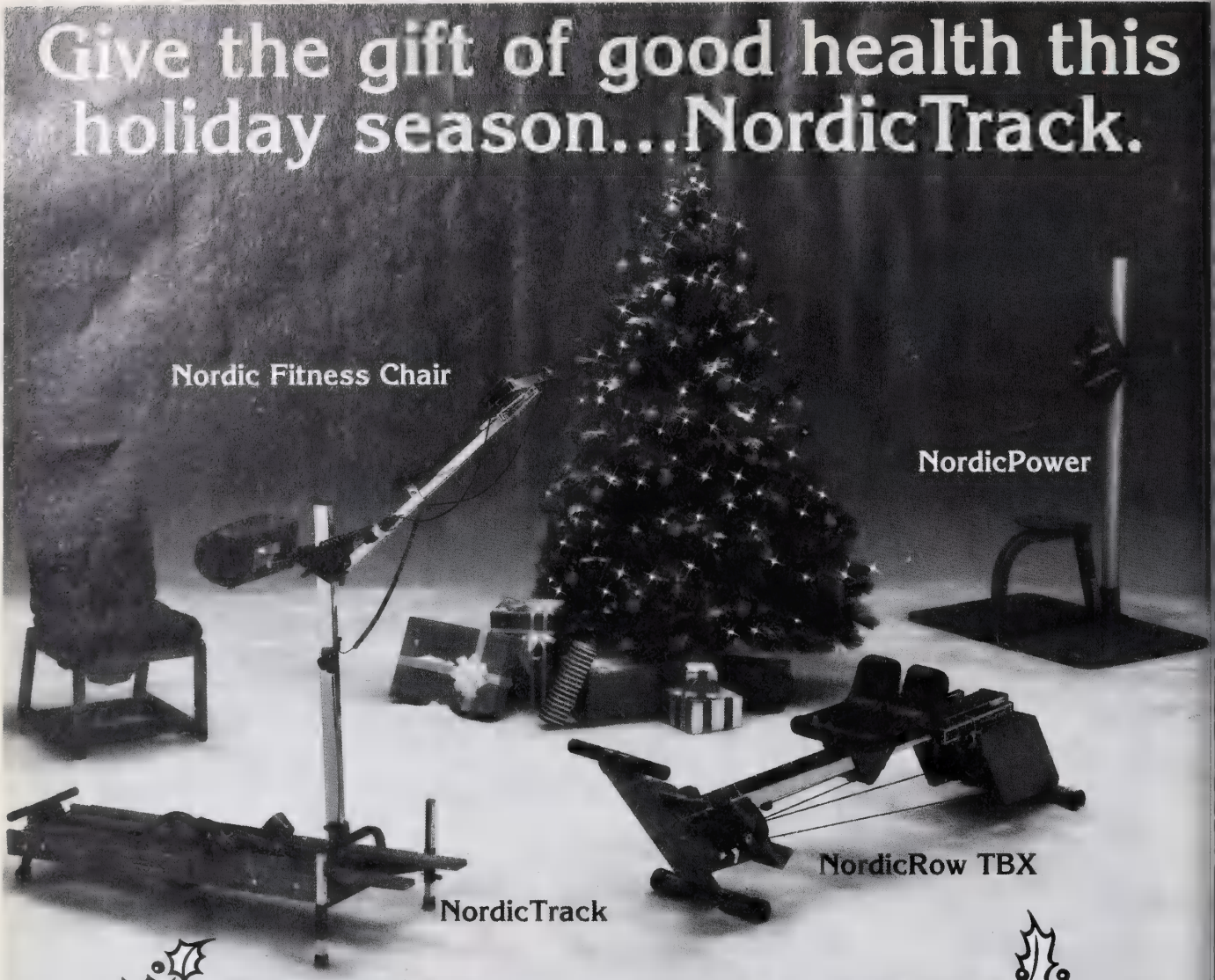
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WE'RE SO LUCKY

continued from page 136

least start looking into adoption." ut when agencies heard Marty's ge—he's twenty years older than am—she couldn't even get an inter- ew.

Finally, the couple decided to adver- se in some local papers for a private loption, offering to pay the birth other's legal and medical expenses. fter running a dozen ads, they re- ived only one promising response, om a woman named Suzanne (not r real name), a twenty-six-year-old ho was seven months pregnant.

stark reality

arily hopeful, Pam and Marty visit- Suzanne's studio apartment in Chi- go, about twenty-five miles from eir suburban home. Her only furni- re was an empty refrigerator, a fu- n on the floor and a table made from mirror on blocks. When Pam, who'd ought cheese and crackers, set them wn on the mirror, Suzanne swept me white dust off the glass, saying, hat's not drugs, it's face powder."

A pretty, five-foot-tall blond, Su- nne was dressed completely in black d wore black nail polish. She told m and Marty she'd had two abortions. This time, however, her periods had been so irregular that she was five months pregnant before she knew it.

According to Suzanne, the baby's father was probably one of two men—a boyfriend who disappeared when he heard Suzanne was pregnant, and a Polish immigrant she'd married for money so that he could come to the U.S. She had no job, although she said she planned to finish beauty school after the baby was born.

Many couples might have walked away. Pam and Marty did not, but they were troubled. In the car on the way home, Pam remarked on how thin Suzanne was and asked if Marty thought she was really pregnant. Marty asked if Pam had picked up on Suzanne's comment about drugs. They knew they had to find out more.

At their next meeting, Suzanne told them more of the truth: She was taking methadone at a drug clinic to help kick a heroin habit. She also admitted having taken cocaine "once or twice."

Marty and Pam "had no experience with drugs at all," they say. "We didn't know enough to be as scared as we should have been," says Pam.

She began telephoning hospitals to try to get more information. One name kept coming up: Ira J. Chasnoff, M.D., an associate professor at Northwestern University Medical School. He had just published the first medical journal article documenting the effects of cocaine use in pregnancy.

Pam and Marty arranged to meet with Chasnoff. With Suzanne's permission, he had learned from her clinic that she was taking 90 milligrams of methadone a day—triple the dose recommended in pregnancy. Urine tests showed that she had also taken a variety of other drugs—including Valium, Quaaludes, marijuana, alcohol and cocaine—during the pregnancy.

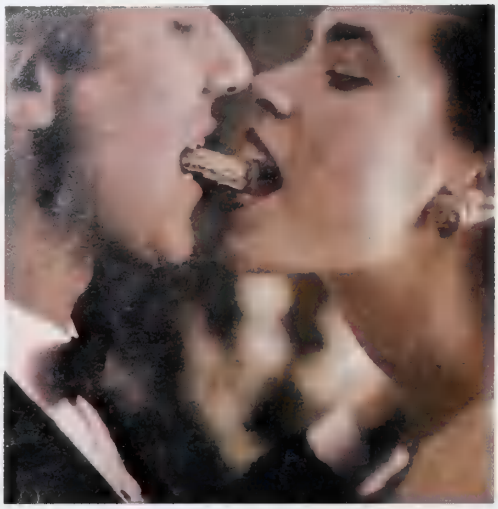
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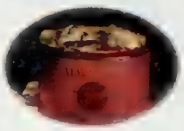
Chasnoff explained to Pam and Marty that Suzanne's methadone dose shouldn't be lowered, because the fetus would go into withdrawal in utero. If they went ahead with an adoption, he said, they should be prepared to cope with severe withdrawal from the methadone and other potential problems from the cocaine and alcohol. But he also told them they could count on his team of specialists to help.

Pam and Marty left the doctor's office feeling overwhelmed but somehow reassured. "Dr. Chasnoff paints the blackest picture he can," says Pam. "He tells you, 'Don't look for miracles.' Then if it winds up any better at all, you feel really grateful." *(continued)*



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WE'RE SO LUCKY

continued

Pam and Marty decided that they were already committed to this child. "Let's see it through, sink or swim," Marty said. "I really believe a person can change with love and care."

The couple's introduction to parenting began with taking care of Suzanne. First they paid her back rent and some other bills—even some money she owed the methadone clinic. Their main rescue, however, was medical. Pam took Suzanne to an obstetrician. An ultrasound showed that the baby weighed only two and a half pounds—about one pound less than average for that stage. As a former IV drug user, Suzanne was also a prime candidate for hepatitis or AIDS—infections that could be passed on to the baby. She was tested for both conditions, and fortunately, the results were negative. Suzanne said she would try to stay away from any drugs except methadone for the rest of her pregnancy.

Pam phoned Suzanne every day, and delivered groceries weekly "to fatten her up, and put some weight on the baby." Then, to make sure Suzanne didn't go into labor alone, the couple invited her to move in with them on Thanksgiving Day, about two weeks from her due date. The next morning, Suzanne went into labor; Pam stayed with her at the hospital for the birth.

A tense beginning

Suzanne's tiny boy was born weighing four pounds, fifteen ounces. He was still purple one minute after birth. But five minutes later, when one of the doctors laid the baby in Pam's arms, he looked pink and lively. As he looked up at Pam with his dark blue eyes, she experienced a rush of maternal feeling. He's alive, he's fine! she thought. It's all been worth it.

Within minutes, though, the baby was whisked off to the neonatal intensive-care unit. "A precaution, because of all the drugs," Pam was told.

An hour later, Pam and Marty donned sterile gowns and masks to visit their new son, whom they decided to call Zachary. He was naked under the warming light, howling his indignation. Already jittery and jerky from the first stages of withdrawal, he couldn't be calmed by their touch. Pam and Marty worried that he would have to remain in the ICU for days or even weeks. Some drug babies run up quarter-million-dollar hospital bills before they're discharged.

But the next morning, one of Chasnoff's associates phoned the couple with good news. He said the baby had some drugs in his system and was ex

eriencing withdrawal. But otherwise, e was basically healthy and moving o the regular nursery.

Pam and Marty celebrated with a elated $400 shopping spree for the aby. And that afternoon Pam gave achary his half-ounce feeding. "I tarted bonding, asking twenty thou- and questions," she says. "I'd been so ervous about whether we'd really get im that I hadn't read anything about ow to take care of a baby."

On Sunday, Suzanne went to the ursery with Pam and Marty to see ach. She asked if she could hold im—a difficult moment for Pam. But uzanne showed no emotion, and ne handed the baby back to Pam a w minutes later.

On Monday, Marty and Pam settled ne $2,287 hospital bill. Then they ropped Suzanne at her apartment nd took their new son home.

Their biggest worry in the early ays was the risk of sudden infant eath syndrome, a common risk in rug babies. Pam, who'd quit her job to ay home with the baby, hovered over ach's bassinet, "scared to death," she ecalls. On Friday, the new family ent to court for the granting of custo- y. The judge gave them a reprint of a em; they keep it framed in their up- airs hallway: "Not flesh of my flesh, ot bone of my bone, but still miracu- usly my own. Never forget for a sin- le minute you didn't grow under my eart but in it."

"We both cried," Pam says.

Meanwhile, Zach was doing better an they'd hoped. "He responded and iddled," says Pam. Yet as Zach was eaned from the drugs he "cried a lot, al jittery and shaky. A loud sound ould send him through the ceiling." he hospital nurses had taught her nd Marty to keep the baby tightly waddled, with a pacifier in his mouth all times. This comforts any baby y replicating the feeling of the womb, ut it's especially important for extra- nsitive drug babies. They discovered ey could calm him if they walked ith him held tightly to their bodies.

When Zach was unwrapped for a th, his arms and legs were "totally t of control," says Pam. "And he'd y." A day of Zach's constant wailing sually left Pam worn out. She'd hand e baby to her husband when he got me from work, and Marty took over e late-night feedings. "I don't know w many times I walked with him, up d down, night after night," he says.

When Zach was four weeks old, Su- nne sent her last phone bill with a eery Christmas note. Three months ter she called to say her wallet had en stolen, and she wondered if Pam uld send her another hospital baby picture. She asked about the baby and said she was cutting back on methadone and working as a cocktail waitress. Pam and Marty haven't heard from her since.

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A happy childhood

Today, as one of the oldest kids in Chasnoff's ongoing study of drug babies, Zach gets periodic head-to-toe examinations of his physical, intellectual and psychological development. Experts chart his progress in completing puzzles and pictures, and in exercises like running fast from a dead stop, or picking up a dime. This vital information will also help therapists treat later generations of drug-exposed kids.

Despite his initial problems, Zachary is doing very well, Chasnoff says. A malformed palate, perhaps caused by the alcohol he was exposed to in the womb, may later be corrected by orthodontia. "He was clearly helped by the intervention of parents working with him on the recommendations we made," Chasnoff says. He warns, however, that there are "no guarantees. Most families understand these children have to be followed closely."

Zach and his parents now live in a three-bedroom home in a suburban development fifty miles from Chicago. Pam says Zach does very well in a nursery school down the road. Still undersize for his age, he won't start kindergarten for another year.

Zachary's favorite toy is one of his seven teddy bears—he still takes the tiny brown animal to bed with him every night. He also loves his Matchbox cars and playing Old Maid and Candyland. He sculpts Play-Doh monsters and races down the sidewalks on his bike. "He doesn't walk anywhere—he runs," Pam says, laughing. "I would say he's as normal as anybody in the world right now," adds Marty. "A very lovable little guy. He doesn't go to bed without a kiss and hug for his dad."

The couple have discussed adopting another baby. Pam figures that "it would be nice for Zach to have a brother or sister." Still, she says, "We can do more for him as an only child."

She hopes that going public with the story of Zachary's adoption will "help other families. Other children. People say Zach's so lucky to have us, but the opposite is true—we're so lucky to have him." ■

Catherine Breslin, a Manhattan writer, reported on women and drugs for LHJ in January 1990.

For more information on adopting a drug-exposed baby or other special-needs child, contact the National Adoption Information Clearinghouse, 202-842-1919; the North American Council on Adoptable Children, 612-644-3036; or the National Adoption Center, 800-TO-ADOPT.

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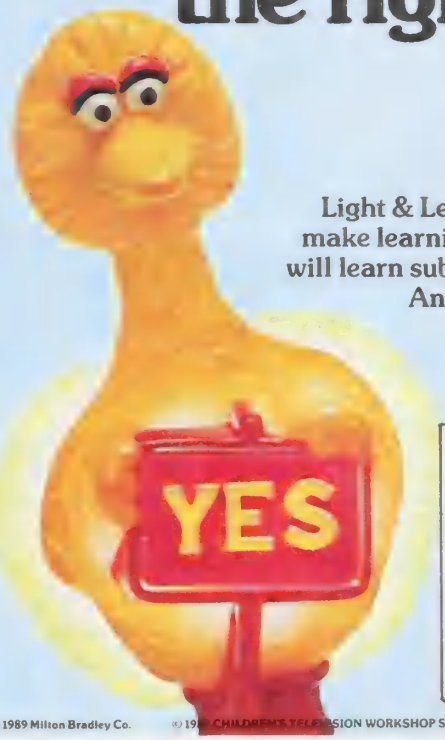
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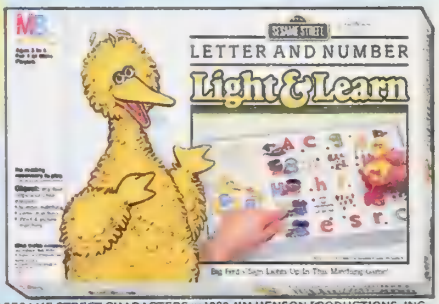
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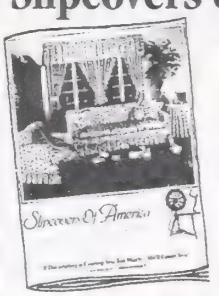


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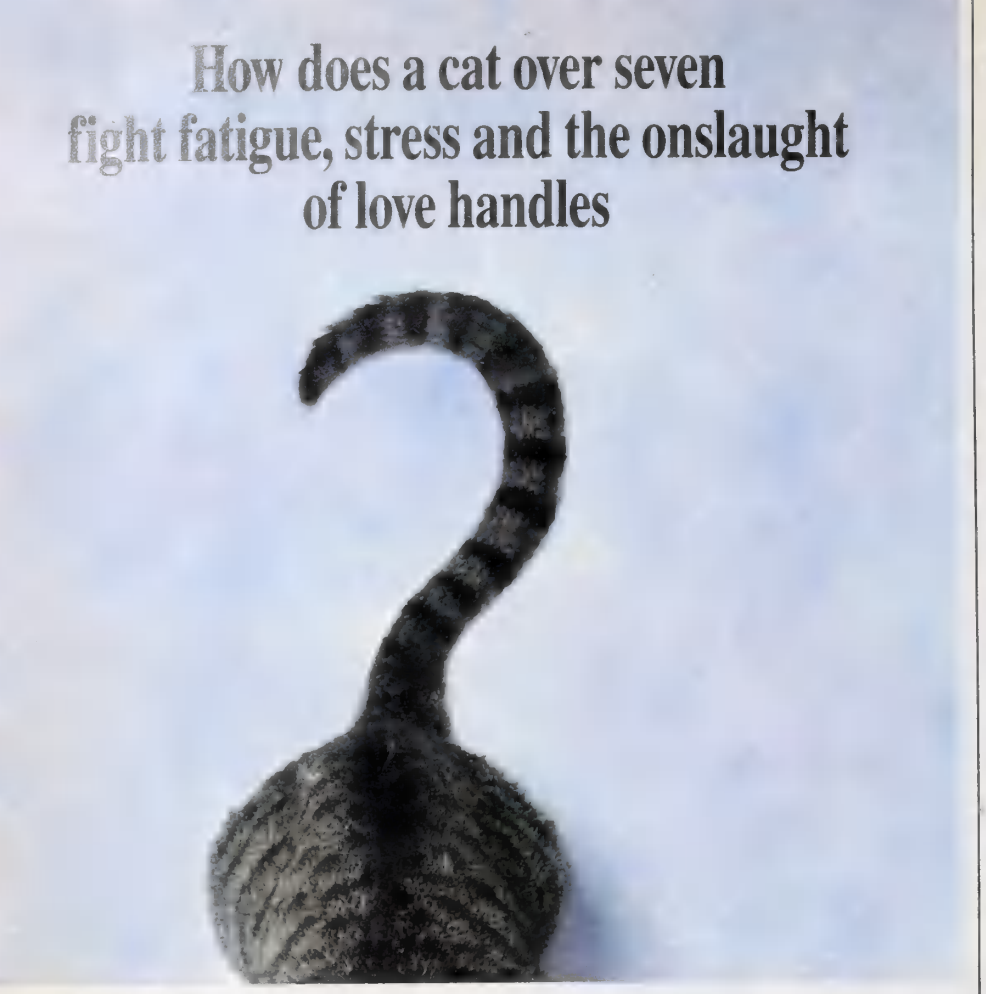
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BOUNDLESS LOVE

continued from page 136

can be found to adopt them. It's in God's hands.

A NEW LIFE

When I went to pick up Juliana, she was laughing. The other children in the ward were smiling also. I wished I could take them all. I lifted Juliana up and sang, "Yippee, you're going home to America." The nurses gathered around as we waved good-bye.

When we landed in Boston, I just about ran through the doors to the terminal. There was Mike, video camera running. I could see him grinning from ear to ear. I was crying. We hugged and hugged. All he could say was, "It's good to have you home." All I could muster was, "It's good to be home." It was the understatement of the year.

Juliana has put on five pounds and grown four inches. All her initial medical tests have been negative. Our only worry now is the AIDS tests she must still undergo for another twelve months. Other than that she is a normal, healthy little girl who is learning a new culture and a new language. She loves everyone. Tickle her and she's your friend for life.

Back home, I decided to quit my job and spend my time teaching her and caring for her. She is our greatest joy. In August, she said her first word—"book." There will be lots of new books for her at Christmas this year, as well as toys and stuffed bears, her other favorite.

As for Mike and me, we don't need any gift. We have the best gift God could ever give us. We have Juliana. ■

IF YOU'D LIKE TO HELP

For more information about adopting a Romanian baby, call the Romanian Consulate at 202-232-4749. To find the names of state-licensed private agencies that handle foreign adoptions, send a self-addressed, stamped envelope to International Concerns Committee for Children, 911 Cypress Drive, Boulder, CO 80303.

If you'd like to donate money:

Romanian Angel Appeal, P.O. Box 5966, Playa del Rey, CA 90296. Established by Olivia Harrison, wife of Beatle George Harrison. Every dollar donated goes for supplies and medicine for orphanages.

The American Red Cross, P.O. Box 37243, Washington, D.C. 20013. Earmark your check for Romanian Relief.

Starcross Community, P.O. Box 14279, Santa Rosa, CA 95402. This program helps Romanian AIDS babies. Earmark contribution for Children of Romania.

CAN THIS MARRIAGE

continued from page 21

your mother did that,' I said.

"Another technique that worked with Eddie was this: When he would start to get upset and yell, I'd say, 'Okay, Eddie, freeze. Stop and tell me in simple words why you're so angry.' This gave him a minute to calm down and express himself clearly.

"While a counselor always walks a fine line between suggesting ideas and telling a couple what to do, this was especially crucial when it came to dealing with Eddie, who rebelled against anything that smacked of authority. However, by asking Eddie in different ways, 'What are your dreams?' he began to reassess his life and make some decisions. In this sense, his father's death was a motivating factor; he understood how quickly life could end.

"To bolster Eddie's self-confidence further, I told him he was being much too hard on himself. His English was quite good, I insisted, and since he was a quick study, it would get much better if he took a course at night. Hearing this from me, and not his wife, convinced him. Once Kristin stopped pushing him, he began an English course at a community college and plans to enroll in a degree program.

"Kristin wanted to clear up the misunderstandings about gifts. I explained to her that for Eddie, gift-giving was very intimate. He had honestly expected Kristin to be able to read his mind; I told him that was unrealistic. In the past, Kristin would cry whenever Eddie didn't like one of her gifts, but now she was able to hold back the tears and tell him point-blank that he was being insensitive.

"This couple came to see me for two years, and at the end of that time, Kristin announced that she was pregnant. She called a few months ago to tell me she gave birth to a beautiful baby girl they named after Eddie's father. While she's a nervous new mother, she says Eddie has taken to fatherhood like a fish to water and has no qualms about changing diapers or marching up and down the living room to soothe a crying baby.

"Meanwhile, Eddie is continuing his studies at night while working during the day. His company offered him a full-time position, and his new salary will allow them to move to a larger, two-bedroom apartment. Because Eddie is so proud to be able to provide for his wife and child, his angry outbursts have stopped. He and Kristin have started to make friends with other new parents in their neighborhood and to truly build a life together." ■

HIGH MARKS

continued from page 127

ıssmates in this rural community fif-
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ıvel by car for at least an hour if they
ınt to take a dance class or see a
ovie. The closest shopping area, which
esn't even qualify as a full-fledged
all, is thirty miles away, and is not
cessible by public transportation.

But now Joanne is learning to speak
ɔanish and cook paella as part of
estfield's new extracurricular en-
:hment program for kids from kin-
ergarten through eighth grade. Now
their second year, the "Saturday
dventures" and "Summer Adven-
res" are the brainchildren of library
edia specialist Mike Mades and gift-
-and-talented-children coordinator
arlotte Kulla, who organize the pro-
ams and coordinate the teachers, or
resenters," who lead the sessions.

"The activities we offer are designed
spark a new interest or enhance a
ırrent one," Mades explains. "Most
e not offered in the general curricu-
m. And they're free."

Hands-on is the guiding principle
ere. On a sunny Saturday last Octo-
r, ten students, nine to twelve, were
sy painting and tie-dyeing their T-
irts, sweatshirts and jeans. At a
earby ranch, another group met with
deo veterans, who demonstrated rop-
g hay bales and tying goats while
ill others visited a dairy farm, where
ey milked cows, churned butter and
ade ice cream. Other sessions includ-
weaving, video production and Tae
won Do, a Korean martial art.

While Saturday programs are either
rty-five or ninety minutes long, de-
ending on the subject, Summer Ad-
entures run for three hours every
ay, Monday through Friday. Last
ımmer, kids participated in an arche-
logical "dig," excavating charred
ones and artifacts buried by their
eachers and recording descriptions of
hat they unearthed. Others accompa-
ied police officers and sheriffs, "mak-
ıg arrests" and fingerprinting each
:her. About one hundred sixty stu-
ents took part in the adventures this
ear, but an equal number were
ırned away for lack of space. Though
resenters volunteered their time the
rst year, the school board recently
oted to allocate $6,600 for supplies,
resenters and transportation.

"Anyone can do it," says Mades, "es-
ecially when you have people who are
ighly motivated to share their skills
nd expertise." ■

eth Brophy, senior editor at U.S. Jews and World Report, edits their pecial education issues.

A GIFT FROM MYSTIC FROM PAGE 146

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LAST LAUGHS

OUT OF THE MOUTHS OF BABES

"I bet they're flying south to Florida for the winter," I said to my four-year-old son as a flock of blackbirds flew over our house last autumn. Pointing in the opposite direction, he said, "No, they're not! The airport is *that* way!" —*Betsy O'Rourke, Sewickley, PA*

While taking care of my six-year-old cousin during his winter vacation, I reminded him that he'd better send a letter to Santa quickly if he wanted any gifts. "No sweat," Nicholas said. "I'll fax it to him instead." —*Jeanne Guglielmo, Newburyport, MA*

One recent evening, my husband was reading a book about farm animals to our three-year-old daughter. "Now," he said, covering the picture of a sheep with his hand, "what kind of animal goes, 'baaaa'?" After thinking a moment, Kristina answered, "A humbug?" —*Pamela S. Maccaro, Somerset, NJ*

"NEVER UNDERESTIMATE THE POWER OF A WOMAN"



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BATTERIES NOT INCLUDED

Any toy your child receives for Christmas will need batteries. There are three types:

1636

1. **REGULAR (cheap)** These die halfway home from the store.
2. **ALKALINE (very expensive)** These die when you walk in the door.
3. **RECHARGEABLE (cost twice as much as the toy itself)** These need a recharger and are lost down in the sofa before you can say, "Well, look again. They didn't just get up and walk away."

The solution is to always keep a set of dead batteries on hand. That way the new toy will never make those obnoxious noises that so delight your child.

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COMING IN January



Ellen Silverman

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